THE SATURDAY EVENING POST

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How One
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His Cancer

P.G. Wodehouse
and Jeeves

Michael Landon:
Going Out a Winner

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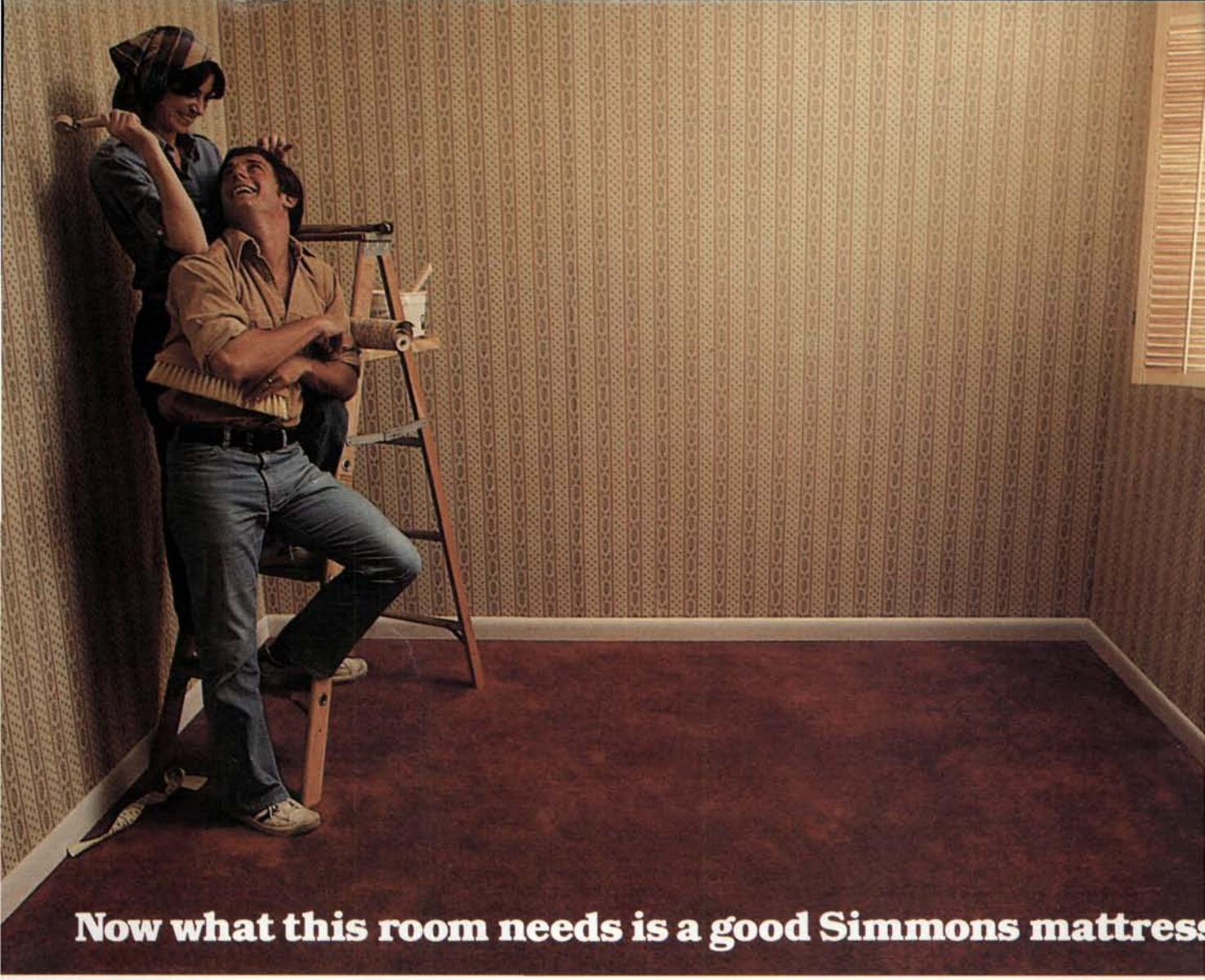

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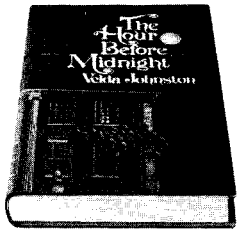
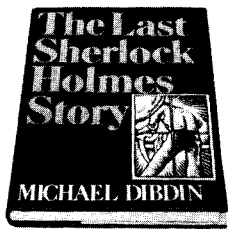
15 BEST SELLING MYSTERIES–$1.

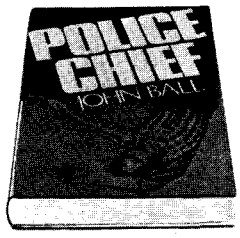
The Empty Copper Sea by John D. MacDonald. A mysterious drowning off the Florida coast, an amorous piano player, and a 2 million dollar insurance policy spell trouble for Travis McGee. (Publ. Ed. $8.95)



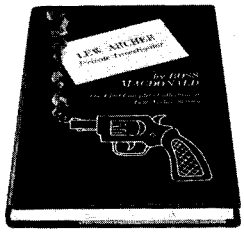
The Hour Before Midnight by Velda Johnston. Judy Dunne suddenly discovers who killed her cousin Cecily a year ago – when she is trapped by him herself! (Publ. Ed. $7.95)



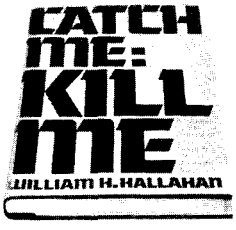
The Last Sherlock Holmes Story by Michael Dibdin. The greatest detective of them all tracks Jack the Ripper through the gas lit streets of London's East End. (Publ. Ed. $7.95)



Police Chief by John Ball. After years as a cop in a crime-ridden big city, Jack Tallon becomes police chief of a quiet small town. Then a series of vicious rape-murders erupts. (Publ. Ed. $6.95)

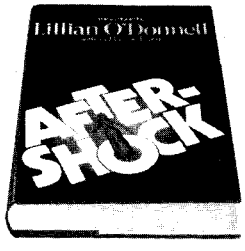


Lew Archer, Private Investigator by Ross Macdonald. First time in book form -- complete short stories of the most famous private eye since Sam Spade. (Publ. Ed. $10.00)

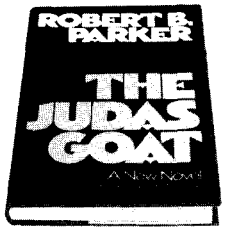


Catch Me: Kill Me by Wm. H. Hallahan. "Best mystery of the year" award winner! A famed Russian poet defects, Soviet agents abduct him. Can our side set him free... and in time? (Publ. Ed. $6.95)

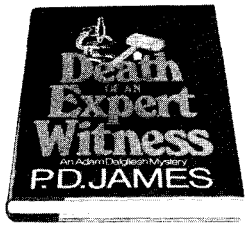
Maigret's Pipe by Georges Simenon. Vintage Maigret, in translation for the first time. 14 stories of classic sleuthing in Paris and the provinces. (Publ. Ed. $8.95)



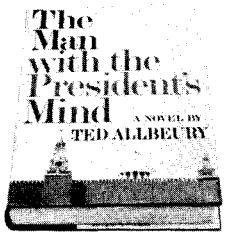
Aftershock by Lillian O'Donnell. Ms. Mici Anhalt, social worker, interviews the pregnant wife of a slain society hairdresser...and a "routine" case turns into a nightmare. (Publ. Ed. $7.95)



The Judas Goat by Robert B. Parker. Spencer and Hawk pursue terrorist bombers through London, Amsterdam and Copenhagen to a violent finale at the Montreal Olympic Games. (Publ. Ed. $7.95)

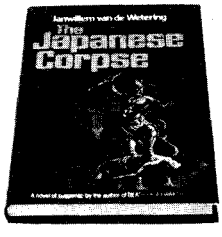


Death of an Expert Witness by P.D. James. Adam Dalgliesh of Scotland Yard is back...and on the track of a killer who works for the police! (Publ. Ed. $8.95)



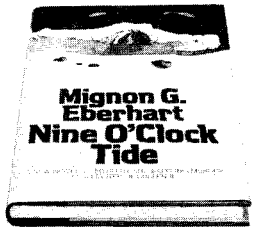
The Man with the President's Mind by Ted Allbeury. KGB agents seek possession of the President's mind in the most daring intelligence mission ever to come out of the Kremlin. (Publ. Ed. $8.95)

Wait for What Will Come by Barbara Michaels. In an ancient mansion on the cliffs of Cornwall, a young American heiress confronts an unsolved mystery – 200 years old. (Publ. Ed. $8.95)



The Japanese Corpse by Janwillem van de Wetering. The Amsterdam police pitted against the Japanese mafia to expose an international conspiracy of stolen art and smuggled heroin. (Publ. Ed. $7.95)

Last Will and Testament by E.X. Ferrars. A legacy in art is stolen and mysteriously returned. Then, one by one, somebody starts murdering the heirs. (Publ. Ed. $7.95)



Nine O'Clock Tide by Mignon G. Eberhart. Wealthy Sam Havlock falls to his death. Was he pushed? If so, by whom? His young wife, her ex-lover, or –? (Publ. Ed. $6.95)

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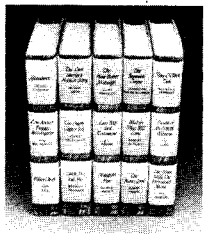

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a subsidiary of THE CURTIS PUBLISHING COMPANY.
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Landon Touch

He says it was luck, but his associates claim "Little House" was built upon Michael Landon's ambition, tenacity and determination.

62

Islamic Revivalism

With a slingshot of hatred and a pebble of political power, the Ayatollah Khomeini toppled the Shah—and stirred Islamic fervor.

52

Sonar for Cancer

"So" is for sound; "na" for navigation; "r" for ranging. Now high-frequency sound waves diagnose breast lesions under water.

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How to Patent Your Ideas **90**

Putting a Match to the Marijuana Myth **12**

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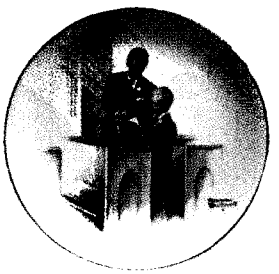
The Rockwell Collectibles from Gorham. To make collecting a joy. And giving an art.

Norman Rockwell's unique insight into America and its people is evident throughout the rich legacy of his work. He shared this talent with us through his perceptive portrayals of everyday events, and moments of glory. Gorham craftsmen take pride in having captured this special quality with authenticity and sensitivity, from the very first Collector Plate issued in 1970.



Gorham's Annual Edition of Four Seasons Plates are among the most treasured of all Rockwell reproductions. For in these collector plates, Rockwell's art is reproduced with painstaking fidelity on the finest china. The 1980 series, entitled "Dad's Boy," captures all the camaraderie and poignancy of a father-son relationship. And synthesizes happy memories and nostalgic reminiscences for many.

We feature the Summer plate "Trout Dinner" from the 1980 group. Along with Fall—"Careful Aim," Winter—"Ski Skills," and Spring—"In His Spirit." These original Four Seasons paintings were commissioned as calendar art which appeared in 1961. Each plate is 10¾ inches in diameter, banded with 22 karat gold. The complete set of four is $135.*

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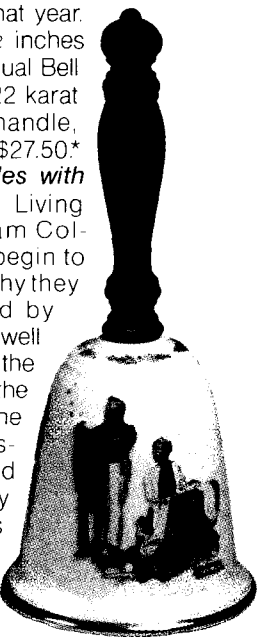
"Tiny Tim" is the heart-warming subject of Gorham's Second Annual Edition of a Christmas Thimble. This 1980 Collector's Edition Thimble captures every nuance of Rockwell's original art which was commissioned for the Saturday Evening Post Christmas cover. It first appeared on December 15, 1934. Beautifully boxed, this Fine China Thimble is banded and decorated in 22 karat gold. The "Christmas 1980" legend on the back has been artfully applied in pure coin gold. $15.*

Rockwell has memorably captured nostalgic glimpses into American life, such as this "Chilly Reception"—the subject of Gorham's 1980 Christmas Bell. This is the sixth Annual Collector's Edition in this series of Fine China Bells. And the original illustration dates back to 1957 when it appeared on a Four Seasons calendar for that year. A graceful 8½ inches high, this unusual Bell is banded in 22 karat gold; walnut handle, brass clapper. $27.50.*



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Letters to the Editor

Working Definition

Regarding the word "workaholic" ("Phil Donahue and the Workaholics," July/August 1980), Maynard G. Stoddard states: "Coined by *The Wall Street Journal*, we first heard it bandied about in 1971." Perhaps it was coined by *The Wall Street Journal*, but I first heard it about 1966 or 1967 in Louisville, Kentucky. My psychology of religion professor, Wayne Oates, at Southern Baptist Theological Seminary was using it then.

Dr. Marilyn Machlowitz' book could be the "... first formal study of the concept...." However, Dr. Oates' *Confessions of a Workaholic: The Facts About Work Addiction* was published in 1971. The jacket on the copy of the book I have in my hands contains this statement: "You won't find this word (or its definition) in any dictionary. Wayne Oates invented it."

It could be that my memory is wrong. However, I believe Dr. Oates said the word, the concept and the book developed because his son one day tried to make an appointment to talk with him. Every time I see another magazine article on "workaholics" I say to myself, "Wayne Oates started it all."

Jimmie H. Farmer
Latta, South Carolina

Prize-Winning Cover

Many months ago, my wife decided to take up quilting—not just any old quilt, mind you, but a Norman Rockwell quilt which she had read about in your magazine early this year. Well, what with having to take care of the house (with considerable help from hubby) and working at the same time, the final product took seven months to complete and measures 7 feet by 9 feet. We thought you might like to see the results and have enclosed a photo. By the way, the quilt won first prize at the North Florida fair this year. That is what the ribbon is in the upper left side of the quilt.

We have enjoyed your magazine this year and look forward to seeing more innovative ideas in the future.

David J. Buchanan
Tallahassee, Florida

The Dope on Marijuana

I am truly suprised [sic] at you. The story you printed on marijuana (July/August 1980) is nothing like you. What happened to seeing it *both* ways? Did you ever consider what a pot smoker would see on your pages of damnation?

Sure, the experiments have proven "bad" effects for chronic users—and there may be *some* different effects on different people, but you fail to see something very important: As shown in your article, an increasing [sic] high number of people smoke marijuana—but not *every* day! For some, it's because they can't afford it. For others, it's because they do it only for recreation.

American *people* (that's not just kids!) will always seek recreation in chemicals. (Oh, don't be frightened by that word "chemicals." Daddy's beer is a chemical.) I smoke marijuana, and have for years. I started when I was 12 . . . (and *no*, I will never condone smoking marijuana at an early age). For a system that is still developing, I think it has too much hinderance [sic].

Those people from whom you obtained the chromosomes—how much do they smoke daily? You won't answer that, will you? Because they smoke every day . . . or every hour?

Damage done to the reproductive tract has been proven irrevelent [sic] to me by the number of happy, healthy families that I

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"Here's what happened, Janet. Last spring I started a garden. But it was late. I could only find this flat of twelve spindly little tomato plants. I thought they'd die. By last week they were six-foot bushes, with giant tomatoes turning ripe so fast there was only one thing to do. So, since I know you love spaghetti, I thought I'd give you a call." Friends or family may be far away. But with a call you can reach out. And add a little sauce to your life.

Bell System

Reach out and touch someone.

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know where the father and/or mother use marijuana in moderation for recreation.

How can we, the teen-agers of America, believe a word of your "pot scare" articles? If alcohol can be legal, why not pot? Instead of using $1 billion tax dollars yearly to fight it, why doesn't the government make it legal (to an extent of alcohol) and *make* money instead of spend it?

We are the brainchildren of tomorrow, not the hipocrites [sic] from yesterday. I support NORML (National Organization for Reform of Marijuana Laws).

I hope you print my letter. It will provide some insite [sic] on objectiveness [sic]. You can stand outside and point the way, but without being a part of it, you are the blind leading the blind.

Another teen in America
Founder of the CPA
(Cool People of America)

Did you stop caring about your spelling when you began smoking pot at age 12? Dr. Akira Morishima testified before the U.S. Senate Judiciary Committee on January 17, 1980, that the five volunteers used in the study (see photo caption, p. 40, July/August SatEvePost*) had "histories of smoking at least 10 marijuana cigarettes per week for a minimum of six years." Read more on marijuana beginning on page 12 of this issue.*

Thanks for the wonderful educational articles on marijuana. We needed some factual information. For too long we have heard it doesn't hurt the body.

During the years drugs have become popular, I do not know of any new discoveries that have been the result of a drug experience. So what do we do with our new information? Are we going to let our kids become pot-heads? Parents *can take care of their own* and change this trend.

If your children drive cars, recklessly endangering others, you don't just pray that a tragedy doesn't occur—you ground them. They are *your* responsibility, not someone else's. We have practically wiped out TB and smallpox and have learned to control other diseases. This can be done concerning drugs, if we care enough!

Betty C. Tweed
Manhattan Beach, California

Memory Lane

Today is my 85th birthday, and I am celebrating it with a request to the much older *SatEvePost*! Many years ago, I should guess in the 1930s, the *Post* published a rollicking, raucous poem entitled, "Pinder Peal of Passamaquoddy."

Pinder Peal of Passamaquoddy
Made some birthday apple toddy,
Stood an hour to stir and spin it
Put some . . . in it.

That's as far as I can go, but of all the old *Post* features, for some reason that is the one that I remember best. Could you find it and republish it?

Best wishes for making the new *Post* as good as the old one. It just *couldn't* be better.

Raymond L. Atwood
Jacksonville, Florida

We are looking over our files for some of your favorite old Post *stories and are considering reprinting the Alexander Botts tales and some of Thomas Beer's stories. As for "Pinder Peal . . . ," we have searched our files but fail to find reference to any such poem. Was this the correct title? To locate it we need both the correct title and the author's name, or the exact date of its appearance. If any of our other readers can supply us with this information we'll happily reprint the poem.*

More on Mormons

I've recently read the *Post*'s article "Mormons: Healthy in Body and Soul" (May/June 1980). Having grown up non-Mormon in an LDS town, I do not agree. If I had second chances, *that* is where I would not be and am grateful my children have lived in diversified communities.

I wonder if your magazine is partly owned by the LDS church, as they do own parts of some major businesses. The article certainly reflected their views of themselves.

(Name withheld)

If the LDS church owns stock in the SatEve Post, *the editors aren't aware of it. There was no church-inspired motivation for printing the article.*

I would like to thank you for your article on Mormons. I do not know if you are LDS, but, being a Mormon, I greatly appreciated an article by journalists who can get the facts straight regarding the church. You've certainly done a fine job. The article was beautifully written. And my family and I wish to thank you for your kindness and accuracy.

Linda J. Thayne
Bennion, Utah

Some of our best friends are Mormons; none of our editors are, however.

Gallant Gilmore

I was thrilled to read the fine article, "Jim Gilmore of Kalamazoo" by Michael Allen (July/August 1980). Mr. Gilmore is just as wonderful as you portrayed him. During the recent devastating tornado that hit Kalamazoo, it was Jim Gilmore, his shirt drenched in blood, who pulled several victims from beneath the rubble.

Janet L. Loucks
Scotts, Michigan

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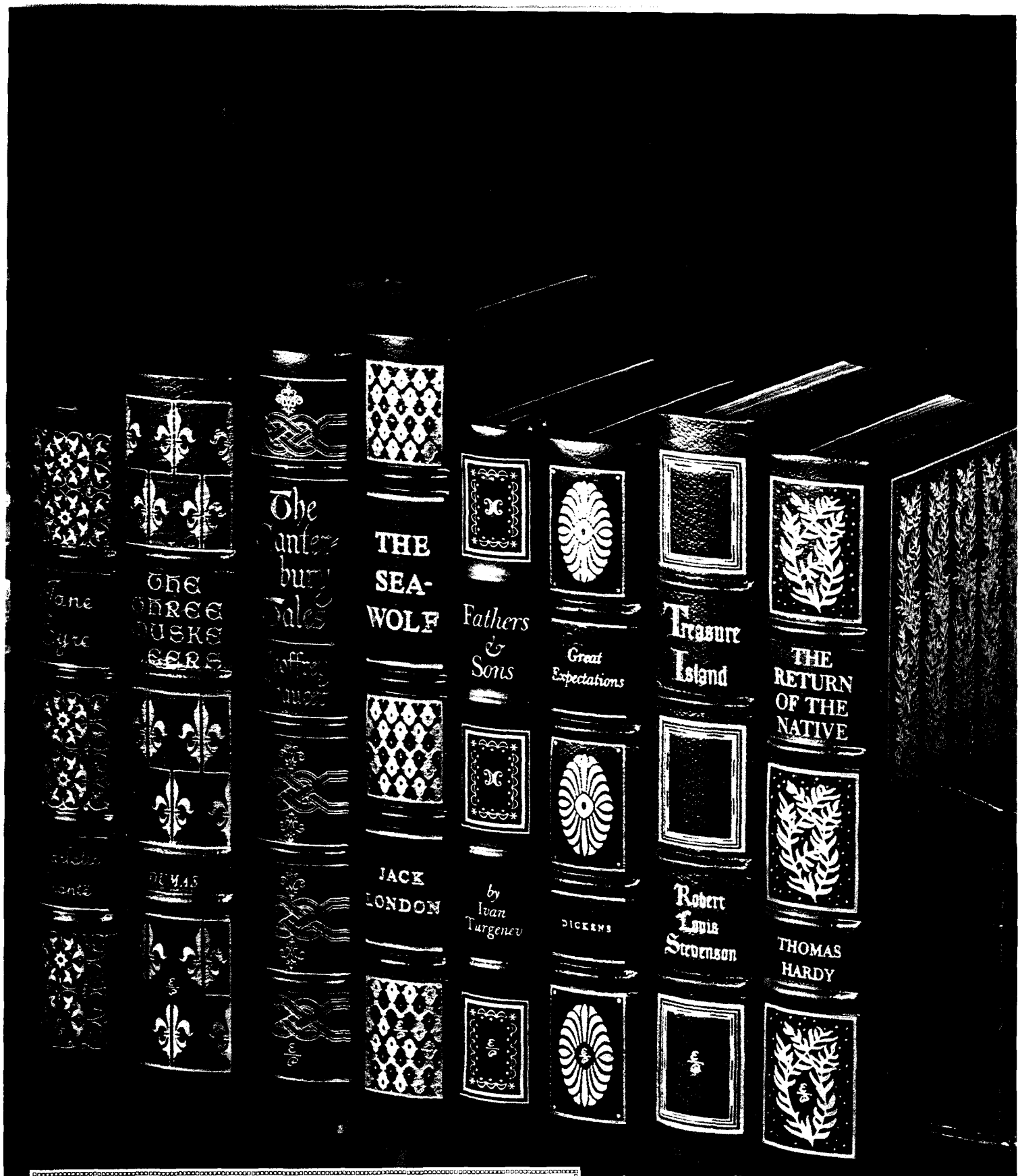

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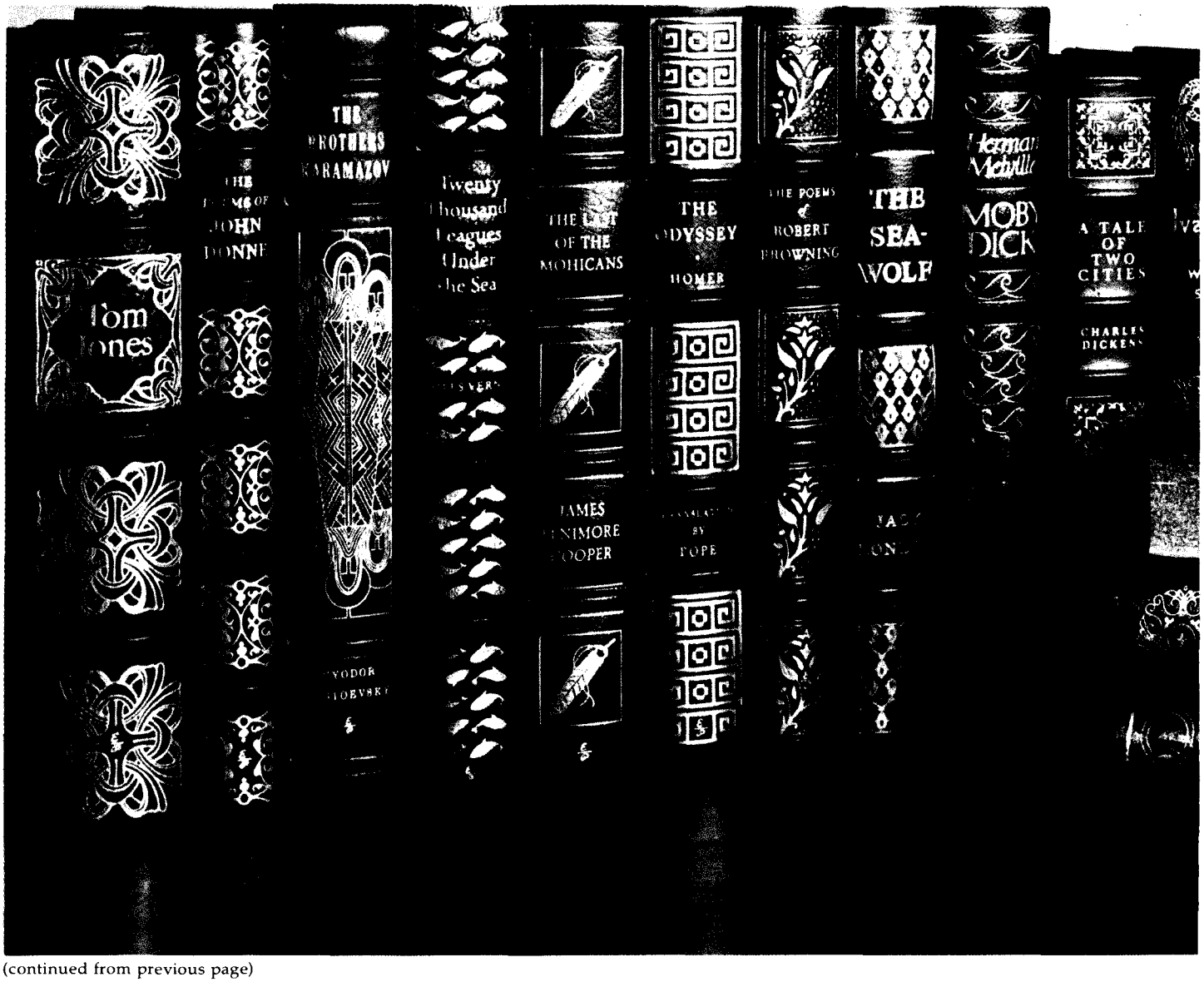

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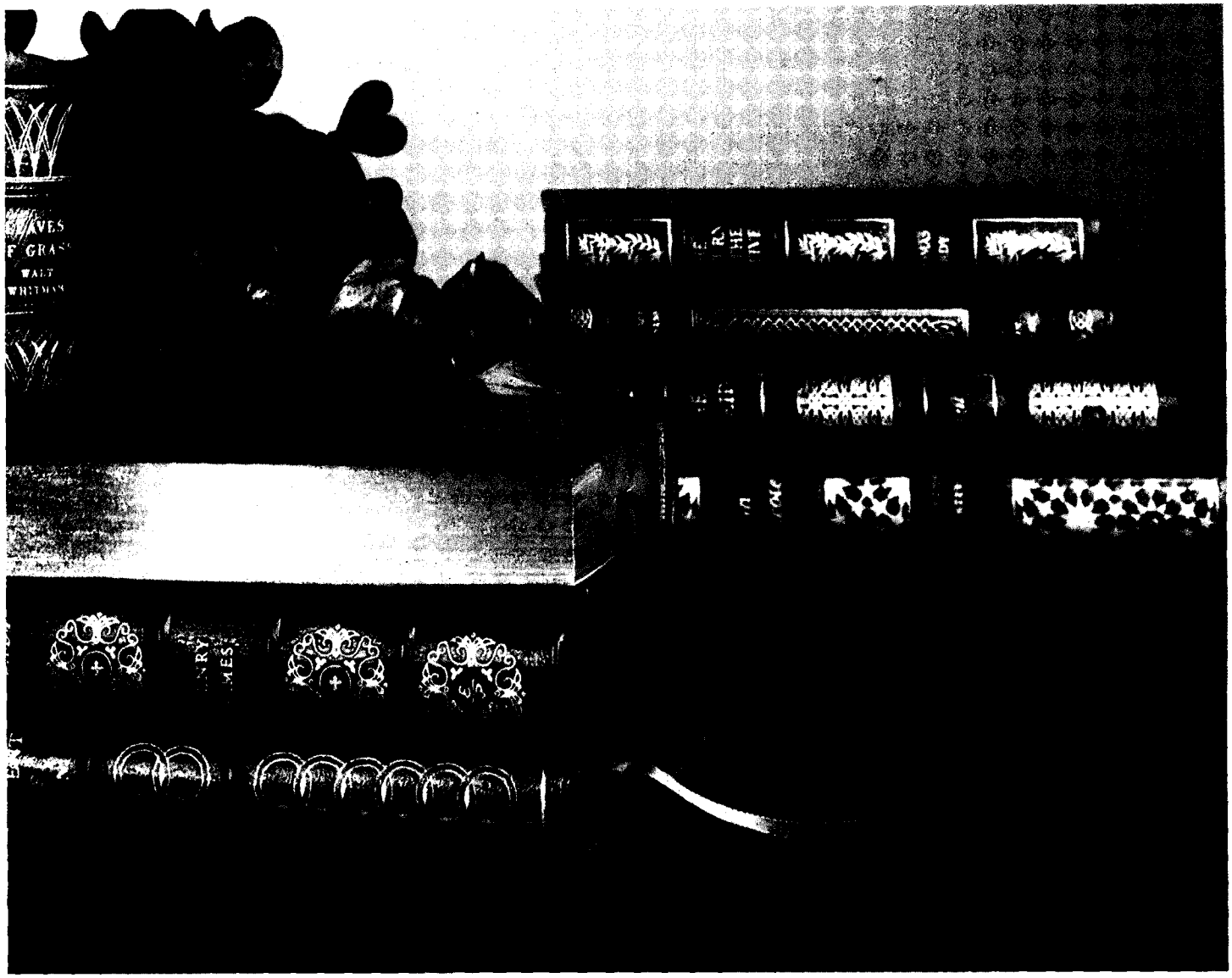

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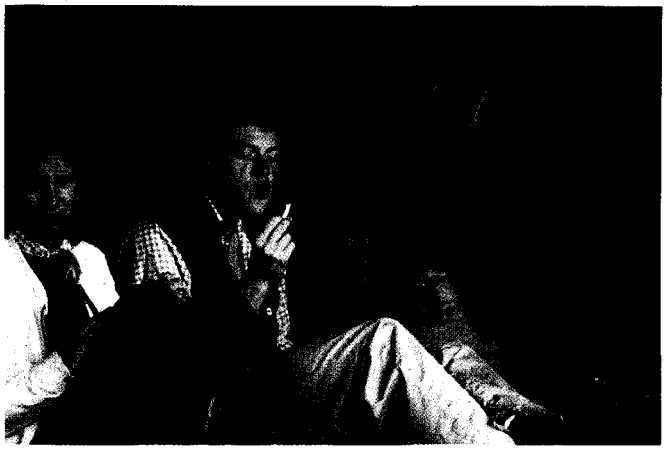
PUTTING A MATCH TO THE MARIJUANA MYTH

Most kids are fully convinced that the use of marijuana is not harmful. But new medical research proves them dead wrong.

by Peggy Mann

We have found that students in the lower grades will look their counselors straight in the eye and say—with full conviction—"Pot doesn't hurt me*!" But the latest medical research has determined that marijuana can cause cellular damage and impair lung function, the reproductive system and the brain. In the conclusion of this article, we take a closer look at these four areas of abuse—and offer suggestions to parents and other adults interested in combating this "grass fire" now raging through our schools.*



Although one in every ten high school seniors admits smoking pot daily, and in some areas pot usage now starts as early as the 4th and 5th grades, the highest usage of all is in the 18- to 25-year age group.

Marijuana and Cellular Damage

Many scientists, including pioneer "pot researcher" Dr. Gabriel Nahas, consider the reports on marijuana's impairing effects on body cells to be the most alarming because, as Dr. Nahas says, "they are the underlying cause of all the other deleterious effects that have been reported."

Not only do cannabinoids clog the cells, inhibiting their functions to some degree, but many studies have shown that heavy pot smokers have an abnormally large number of abnormal cells.

Dr. Akira Morishima, of the Columbia University College of Physicians and Surgeons, has done studies on the increased incidence of cells in marijuana smokers which have less than the normal number of chromosomes and which tend to revert back to the normal level after the individual has stopped smoking pot. In more recent studies, published in June 1980, Dr. Morishima found that THC disturbs the *movement* of chromosomes which, he says, "probably accounts for the production of cells with an abnormal number of chromosomes." A similar finding has just been published by Dr. Arthur Zimmerman in Canada, using an entirely different methodological technique.

Pot advocates are swift to "discredit" chromosome studies by saying that "aspirin and coffee also cause chromosome breaks." Dr. Morishima points out that his studies did not relate to chromosome *breaks*. Furthermore, in the 1980 studies he used the same technique to test the effects of aspirin, caffeine and alcohol on chromosome movement. He also used "comparable doses," except that in the case of alcohol, "we went up to 100 times the equivalency dose." The result? Neither aspirin, caffeine nor alcohol produced abnormal movement of the chromosomes.

As early as 1973, Dr. Nahas found that THC lowered the rate of cell division by diminishing the cell's ability to make DNA, RNA and essential proteins. DNA is the all-important genetic material of the cell. RNA controls gene "expression." These findings have since been replicated by scientists in 12 important research centers in the U.S. and abroad.

Said Dr. Nahas: "These findings indicate that the pot smoker may not only be damaging his own mind and body, but may be playing genetic roulette with his or her unborn children."

Marijuana, Sex and Reproduction

There are other ways in which pot smokers may be damaging their unborn children.

As noted, cannabinoids collect in the fatty gonads *and* in the brain. In the brain, THC seems to affect the hypothalamus which, in turn, affects the pituitary, a pea-like structure at the base of the brain which is a control center for sex and reproductive hormones.

It is not surprising that this double-barreled influence on the reproductive system should result in some dysfunction and abnormalities.

A sexual performance study of 500 pot-smoking men was made by Dr. Robert Kolodny of the Reproductive Biology Research Foundation in St. Louis. He summed up: "The general trend was that with increasing use,

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there were lower rates of sexual activity and a lower frequency of orgasm." A study of 1,238 male users in India showed similar results.

Other researchers have shown that marijuana smoked in moderate to heavy doses results in an abnormally large number of abnormal sperm. And this is dose-related. The more joints smoked, the more abnormal sperm there are.

Dr. Carol Grace Smith did a recent study on male rhesus monkeys. Both males and females of this breed have a reproductive system close to humans. "In fact," says Dr. Smith, "under the microscope, rhesus sperm are almost indistinguishable from human sperm." She gave male monkeys the "rhesus THC equivalent" of one to two joints a day. She summed up: "THC profoundly inhibits testosterone and hormones which stimulate the sex organs, bringing them down to the level of a castrated animal. One dose 'shuts down production' for as long as 24 hours."

Testosterone is the all-important male sex hormone. A number of other human and animal studies have also shown that THC lowers the testosterone level in males.

There has been only one study made on long-term (20-year) human male cannabis smokers. The researcher, Dr. Mariette Issidorides, of Greece, summed up: "Cannabis interfered with protein substances essential for the normal development of the sperm, and it altered the metabolism of the sperm cell, thus possibly affecting expression of the genetic material."

Since males produce so many millions of sperm, all indications are that, if the pot smoker ceases and desists, sperm return to normal. Females, however, may be another matter. An infant girl is born with her lifetime supply of eggs. If these are damaged, there's no replacement. And cannabinoids collect in the ovaries, a fact proved by radioactively tagged THC. What effect might this have on the eggs? Thus far, the only researcher to have delved into this question is Dr. Akira Morishima. He worked with "teen-aged" female mice. He gave them miniscule mouse-size doses of THC. Scientists figure in "human equivalency doses," which can be "checked out" by testing THC in blood levels. If a mouse has a percent of THC in its blood which is equal to the percent of THC a human adult has in his or her blood after smoking—for example, one joint at 2 percent THC—then this is the "human equivalency dose." According to human equivalency charts just published by another "pioneer pot researcher," Dr. Harris Rosenkrantz, Dr. Morishima's female mice received the THC "equivalent" of an adult woman smoking two joints a day. In his report, published in July 1979, he revealed that in the control group, very few of the mice had abnormal eggs. But in the THC-exposed group, about half the eggs were dying or had died. "And," said Dr. Morishima, "of those that lived, 20

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KAVA KAVA
Famous Drug of the South Sea
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THE MAGAZINE OF HIGH ENTERTAINMENT
MIND-SHATTERING DOPE and MAYAN DEATH-GODS
a story by WILLIAM S. BURROUGHS, with 11 pages of flagrant color art by Malcolm McNeil
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PARAPHERNALIA OF THE PAST
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HOW TO SCORE HASH IN MOROCCO... AND HOW TO ROLL HASH JOINTS EUROPEAN STYLE WHEN YOU DO
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How To Remove Cuts From Your Coke
The Joys of Coca
DMT: The Fifteen Minute Trip
Heroin Revered
Wasson Reviews Castaneda
SPECIAL COCAINE ISSUE
Reggae Rebels

Magazines extolling the joys of drug taking are found on newsstands throughout the U.S. As some fold, others are born. The slick **High Times** *boasts 4 million readers. Such publications make illicit drugs seem as "normal" as popcorn and apple pie.*

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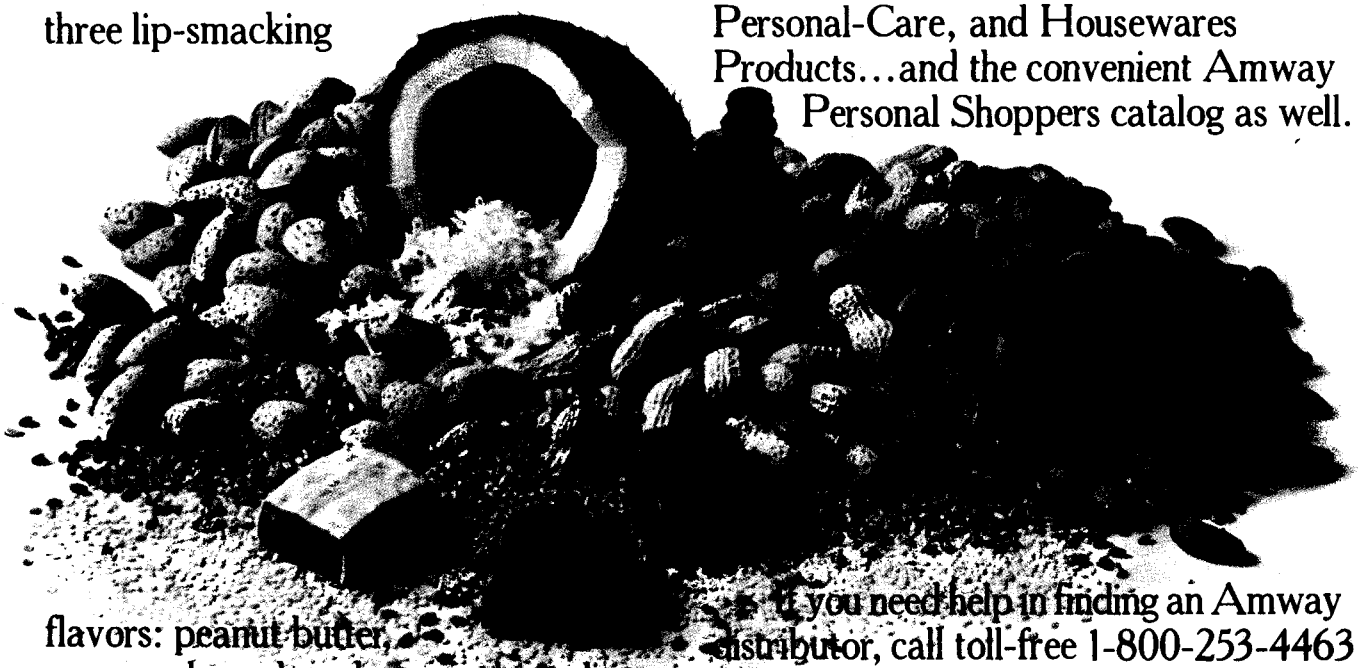

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or 30 percent looked unhealthy."

Dr. Ethel Sassenrath at the Primate Research Center of the University of California has done other types of investigation into pot's effects on the female reproductive system. She works with female rhesus monkeys, whose reproductive system is very close to the human female's, including a 28-day menstrual cycle. Every day for three years—she even came in on Christmas—Dr. Sassenrath fed her monkeys the THC human equivalency dose of one to two joints. (She gave THC on raisin cookies.)

Result: Forty-four percent of the pregnancies of the THC-treated mothers did not result in living offspring. The losses occurred as abortions, reabsorptions, *in utero* death, stillbirth or death just after birth. The control mothers had a 12 percent birth loss—which is normal for a monkey colony.

Of even greater concern were the results obtained when the pathologist did microscopic evaluations of tissues and organs from the dead fetuses and infants. This was a double blind study. He did not know whether tissues came from the THC-exposed offspring or the offspring of undrugged mothers. Result: Although the dead THC-exposed offspring appeared to be normal, in each case he found subtle developmental abnormalities in various organ systems and tissues which were not found in the offspring of the undrugged mothers.

"Furthermore," said Dr. Sassenrath, "the THC-exposed babies that survived acted differently than the others. They over-responded. They didn't seem to have normal 'brakes' on such behavior as active playing without stopping or clasping cagemates who struggled to get away. They all showed deficits in attention and over-concentration on different stimuli in the environment. They had the type of deficits in behavior which indicate that the central nervous system has been affected. This kind of subtle behavioral difference can be characteristic of marginal brain damage in early development."

It has been well established that THC easily passes through the placenta. But how does it affect the placenta itself? In March 1979, Dr. Paige Besch of Baylor College of Medicine in Houston, Texas, completed a four-year study on the subject. He found that the more THC was added to the human placenta, the less estrogen was produced. Says Dr. Besch: "Decreased estrogen results in decreased blood flow to the placenta, which means decreased nutrition to the developing baby."

Other scientists working with rhesus monkeys and with human females have found that THC appears to interfere with the hormonal system and with the menstrual cycle. For example, Dr. Joan Bauman and Dr. Robert Kolodny found that 38.8 percent of pot smokers they studied had defective

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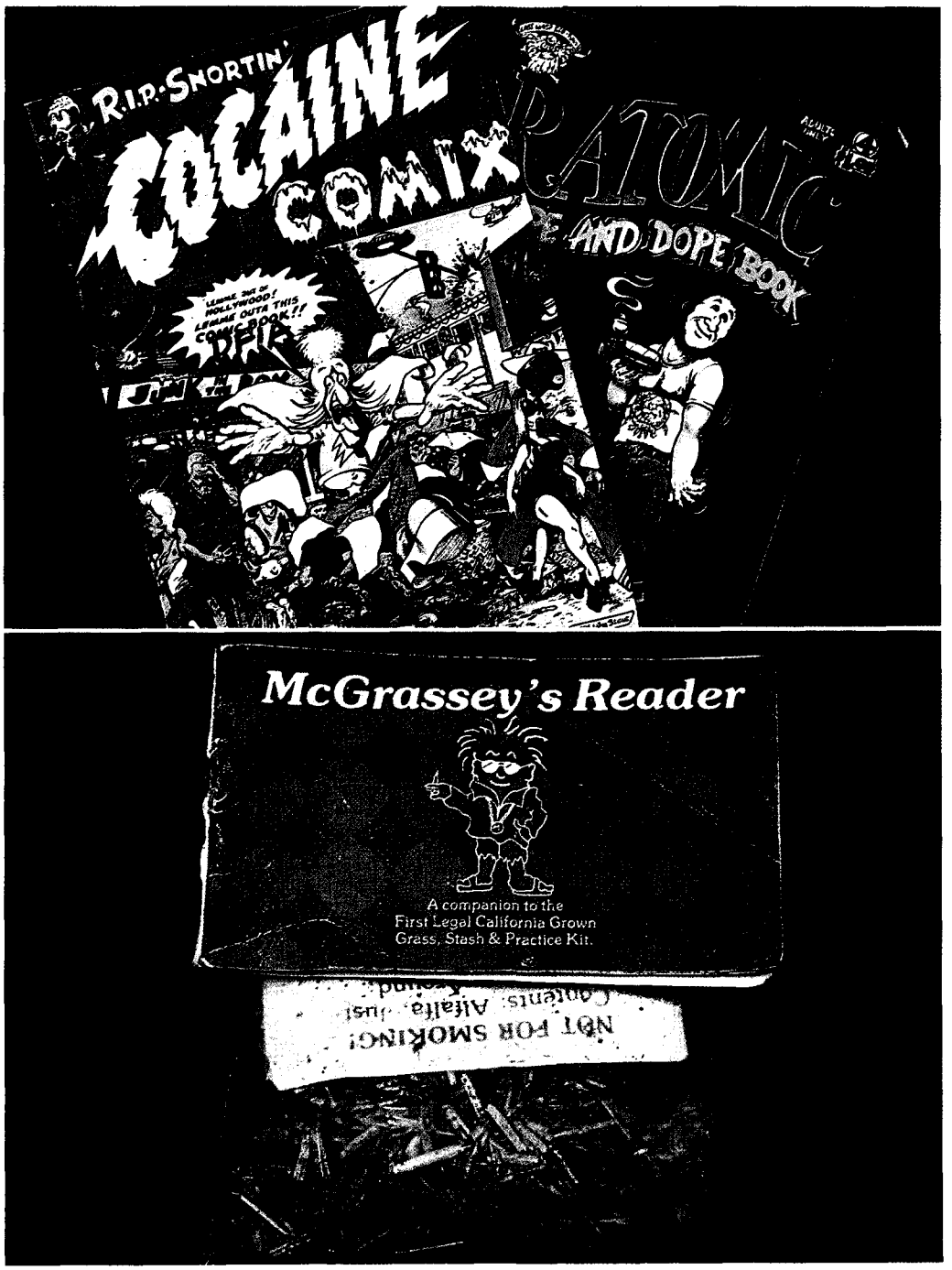

A profitable branch of the drug publications industry is aimed at children. Comic books show how to "smoke dope," how to cut and snort cocaine. **McGrassey's Reader,** *an easy-to-read primer, explains how to roll a joint and comes with "practice grass" (alfalfa), rolling papers and a "roach clip."*

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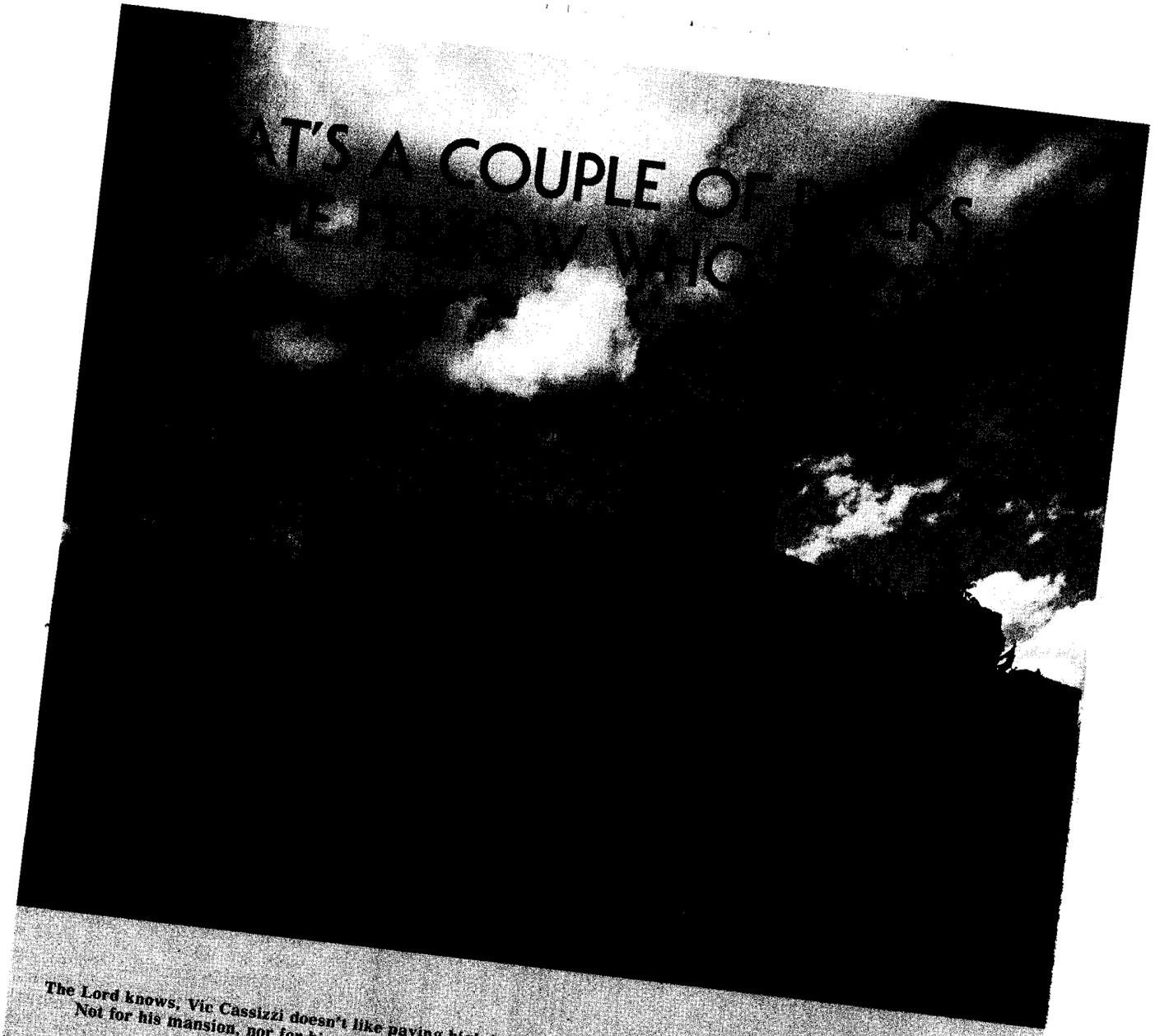

The Lord knows, Vic Cassizzi doesn't like paying high fuel costs. Not for his mansion, nor for his car.

But he does have a couple of Bucks — Buck Stove Heating Systems. Along with a wood stove Mr. Cassizzi built himself for the "Great Hall" in this castle, he and his family rely on the Buck Stoves for almost all their heating needs.

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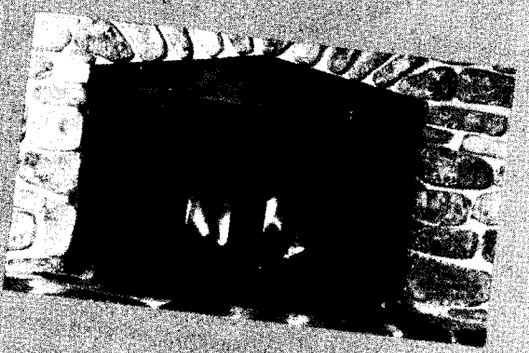

Vic Cassizzi and his family live in the former Seely home in Asheville, North Carolina. It is now the parsonage and church for the Overlook Christian Ministries. Mr. Cassizzi is the pastor.

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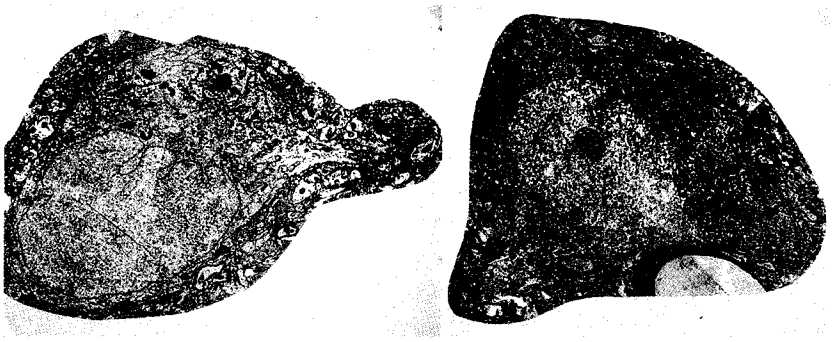
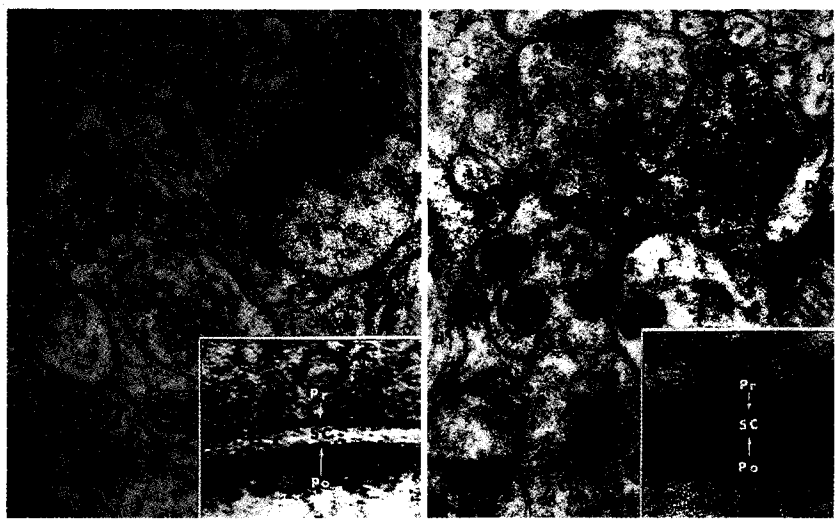
Marijuana and Brain Damage

To determine the effects of marijuana on the brain, Dr. Robert Heath of Tulane University gave rhesus monkeys 2 to 3 "monkey-sized" joints per day (inducing blood levels equal to those of human subjects smoking 3 joints per day) for six months. A control group was given an equal number of marijuana cigarettes with the active ingredient THC removed. Heath reported significant damage.



Normal Brain Cell *Damaged Brain Cell*

While no changes were noted in cells taken from the "control" group, cells from the THC-exposed brains show a marked increase in the number of inclusion bodies that appear in the nuclei, and the rough endoplasmic reticulum is disrupted. These changes in the cell structure may be interpreted as a sign of injury in most cells, including brain cells. These injured cells have a reduced capacity for normal function.



Normal Synapse *Damaged Synapse*

Vital to survival, the synaptic membrane serves as the body's communications network, transmitting messages to the brain. While a normal synapse (left) allows for free flow of messages, the THC-exposed synapse (with widening of the synaptic cleft, electron opaque materials in the cleft and some clumping in the synaptic vesicle) will not properly transmit these necessary messages.

In the light of recent experiments, little doubt can remain as to the gradual, yet significant, consequences of smoking marijuana. Perception, motor activity, sensation, emotional response, motivation, memory and states of awareness can all be affected.

menstrual cycles, compared to 12 percent of the non-pot smokers. Sex hormones were also affected.

Dr. Bauman pointed out: "Researchers are forbidden by FDA regulations to administer marijuana to teen-agers in the course of controlled experiments. But we are particularly worried about what the drug may be doing to pre-teen and teen-aged girls. Any of the effects we found could be even stronger before the body's endocrine-regulated systems have matured."

It should also be remembered that in our country, for the first time in the history of any country, pre-teen and teen-aged girls are smoking cannabis on a mass scale. Our pot-smoking teen-aged girls, therefore, are unwittingly turning themselves into guinea pigs.

Many animal experiments have shown that the mother's THC exposure affects the "next generation," to whom no additional THC has been given. One particularly strange result was found by Dr. Susan Dalterio of the University of Texas Medical School at San Antonio. She gave nursing mice mothers a tiny drop of sesame oil containing THC—the human equivalent of two joints a day. Aside from one equally small dose the day before they gave birth, none of the mother mice had ever before received any THC. The offspring were fed no THC at all. Yet when the males reached young adulthood, they all became very fat and half were "grossly overweight": 50 grams. (The normal male mice of their breed weigh 10 grams.) These fat fellows were also sexually inept, "showing," said Dr. Dalterio primly, "deficient copulatory behavior." When autopsies were performed, there were globs of fat throughout the bodies of all the male mice—whose only exposure to the drug had been as infants, through their mothers' milk.

Other researchers working with mice, rats, dogs, rabbits and rhesus monkeys have shown that the mother's exposure to THC—or to other cannabinoids—causes smaller-than-normal litters and smaller-than-normal babies.

Research on animals has proven that marijuana is not teratogenic

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[producing deformed babies]. It is, however, embryocidal [having a fetus-killing effect].

Marijuana and the Brain

Pot is smoked to get a "high"—to "alter" the mind. But no smoker wants his brain cells affected, structurally changed. Yet this may be what is happening.

Dr. Robert Heath, chairman of the department of neurology and psychiatry of Tulane University, has pioneered in the study of the limbic area of the brain, working with humans and with rhesus monkeys. This particular brain area is very similar in both species. This so-called "old mammalian brain" is the site of such specifics as time sense, sexual activity, appetite and emotions—both pleasurable and painful.

In July 1978, Heath showed some startling slides to more than 100 marijuana researchers at the Reims Conference. These were magnified pictures of brain cells from rhesus monkeys that had been exposed to the smoke of two to three "monkey-sized" joints a day (one-fourth the size of an average human joint) at 3 percent THC for six months. The monkeys had received *no* THC for the following six months (equivalent to a much longer time in human terms). Then they were sacrificed and the pictures taken.

Dr. Heath, a distinguished-looking, white-haired man, stood by the large screen. Using a pointer, he illustrated what were, perhaps, the most sobering slides shown during the entire two-day conference. He identified the following structural brain cell changes which were glaringly evident when the cells of the THC-exposed monkeys were compared to the cells taken from the same brain area of the control monkeys.

"Here," said Dr. Heath, "we see an accumulation of granular material in—and a definite widening of—the synaptic cleft between nerve cells [where the flow of messages jumps from one cell to the next]. This," he said, "causes a slowing down in the movement of the messages and may impair some brain processes."

The pointer moved on to another spot. "Here we see a clumping of the synaptic vesicles [small sacs in the endings of nerve cells, containing the essential nerve transmitters: chemical activators of the brain]. We find the identical conditions in cases of early brain damage in humans.

"And here," said Dr. Heath, "note the significant increase in inclusion bodies. These foreign substances are seen in degenerating brain cells of very old animals and humans, but not to the degree that we see them here in very young pot-exposed rhesus monkeys."

Dr. Heath summed up: "Since the monkeys had received no pot smoke for six months prior to being sacrificed, it is clear that, at least in the limbic area, structural brain changes caused by marijuana are not readily reversible."

Dr. Robert Gilkeson of Cleveland, Ohio, is completing a study of pot-smoking teen-agers which concentrates on EEG readings of the highly developed, cognitive cerebral cortex, or "new brain." Gilkeson specializes in neurophysiologic research and electroencephalography in learning disabilities. In addition to the standard hour-long EEGs, he developed another half-hour of techniques to pinpoint learning disabilities. In a unique on-going study, he has applied this technique to more than 50 youngsters, ages 13 to 18. All come from the affluent suburbs of Cleveland. All said they did not "do" other drugs. All had met the "criteria" of being high on pot at least two or three times a week for the four months preceding the EEG. But all were forbidden to smoke pot for at least 24 hours prior to the test.

Results: *All* EEGs were "markedly immature for age." They also had an abnormal amount of slow theta rhythms, "sufficient," said Gilkeson, "to be diagnostic of diffuse brain impairment. In the EEG section of academic tasks, none of these youngsters could speed up when challenged. Their brain waves failed to respond to these stimuli in the usual way, according to the standardized norms."

Reading the encephalographer's report shocked many youngsters into "getting off the pot." Those who stayed off for three months had normal EEGs when they took the test again. "Of even greater significance," said Gilkeson, "are those who progressed from abnormal to normal with abstinence—and a return to abnormal again when the youngster returned to chronic pot use."

Gilkeson's findings are con-

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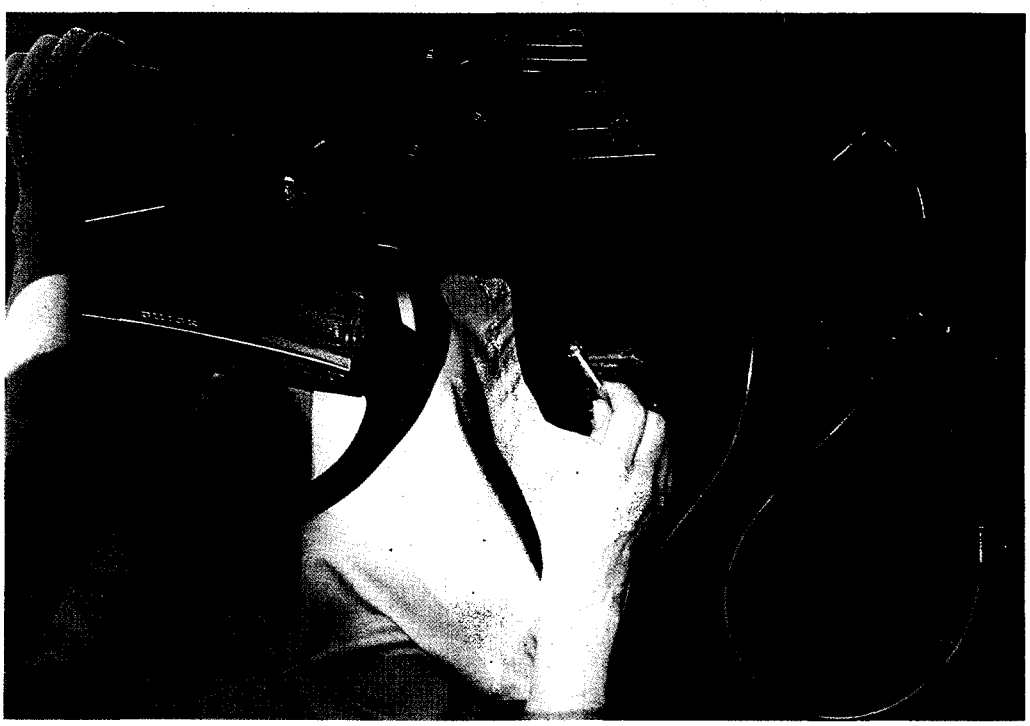

Dashboard pot pipes enable the smoker to "drive high." More than 50 research studies show that one or two joints seriously impair driving performance, even after the high has gone. Despite this, surveys reveal "60 to 80 percent of users say they sometimes drive while "intoxicated on marijuana."

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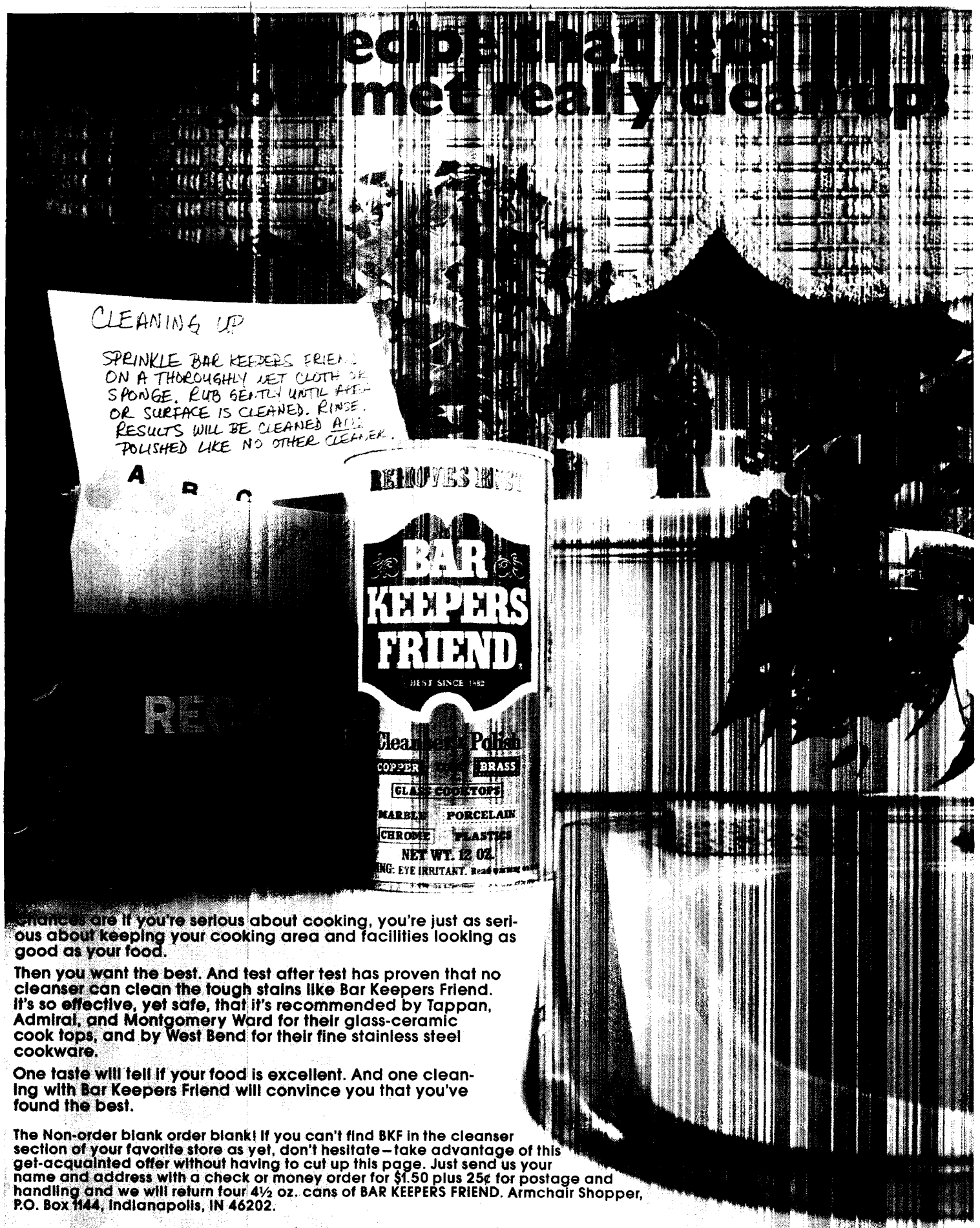

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firmed by a number of other scientists. Dr. Turin Itel, one of the foremost investigators of the effects of drugs on human EEGs, sums up: "Acute or chronic use of marijuana produces an EEG shift toward slow. This is definitely associated with impairment of cognitive functions."

Marijuana and the Lungs

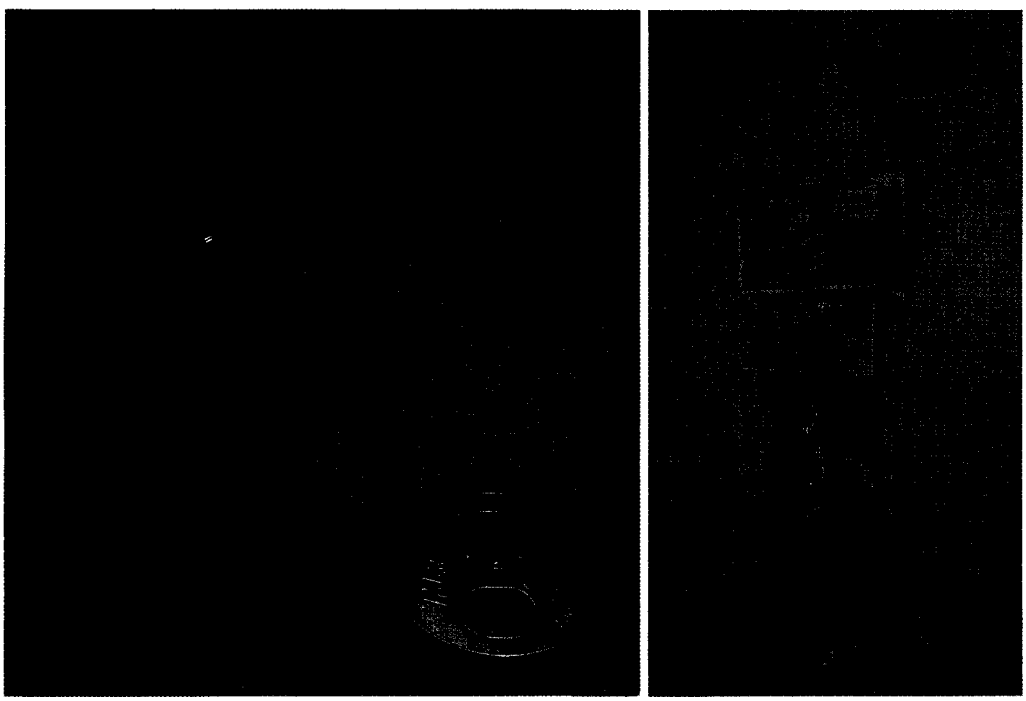
Since pot smoke enters the body through the lungs, it obviously reaches its highest concentration in these organs. A 1975 study compared the compounds in a "weak" marijuana cigarette (.8 percent THC) with a high-tar standard tobacco cigarette. Aside from the fact that tobacco smoke contains nicotine and pot smoke contains cannabinoids, the two types of "smokes" have roughly the same compounds, including lung irritants and carcinogens (cancer-producing agents), co-carcinogens and carcinogen activators. Furthermore, a number of these are present in pot smoke in amounts 50 to 100 percent greater than in tobacco smoke—for example, the carcinogens benzanthracene and benzopyrene, with the latter also being a strong cancer initiator.

In addition to the carcinogens, there are elements in both types of cigarettes which irritate and inflame the lungs. Here, too, marijuana smoke comes out with an even "darker" picture than tobacco smoke. And, whereas tobacco smokers avail themselves of filters, low-tar cigarettes, etc., pot smokers consider "good pot" to be the strongest they can get. In addition, an entire "line" of the drug paraphernalia industry—the "power hitter"—blasts the smoke deep into the lungs. Some power hitters are produced in such kiddie-appealing shapes as red plastic space guns and miniature footballs. Many pot smokers use "bongs" in the belief that drawing the smoke through water or ice lessens the harshness of the smoke by cooling it down. The bong, however, concentrates all the smoke inside a chamber so that none is diffused into the air. As one manufacturer advertises: "The only thing wasted is you."

Pot advocates claim that comparisons between marijuana and tobacco do not hold up, since the tobacco smoker generally puffs on a pack a day or more, whereas the chronic pot smoker may use only one or two joints a day, or less. The noted researcher Dr. Sidney Cohen, who has done one of the three major human studies with marijuana, points out: "There are two factors which equalize the risks involved. First: People—especially young people—are, in fact, smoking more joints per day than ever before [this despite the ever-increasing potency of marijuana available on the streets today]. And it is the younger age groups who seem to be smoking the most.

"Second: Typical tobacco cigarette smokers either do not inhale the smoke into the bronchial passages or, if they do, it is for short periods of time. In contrast, the usual method of smoking marijuana is to inhale the material as deeply as possible, keep it in the lower airways for as long as possible and exhale only when another breath must be taken. At times the inhalation is so complete that no smoke is detectable in the exhaled air.

"This means that not only are the irritants and carcinogens in contact with the actual lung tissue for a longer time, but more of the toxic elements may be absorbed into the bloodstream than is the case with cigarettes. These elements are then delivered to other tissues. New studies show that heavy tobacco smokers are more prone than nonsmokers to cancer of the bladder, the esophagus and other nonpulmonary organs. Presumably, therefore, the carcinogens in both tobacco and marijuana smoke do 'carry.' "



Stash cans for pot come in many guises—and disguises. A popular item: Christmas stockings with candy-flavored rolling papers and pot pipes. Drug paraphernalia has been banned in ten states so far, and the Drug Enforcement Administration's new "model" anti-paraphernalia law is available to all states.

Pot advocates like to point out that "there are no dead bodies from marijuana." With the notable exception of highway accidents caused by stoned drivers, this is true. "However," says Dr. Cohen, "we should not forget that it takes 20 to 30 years of consistent heavy use of tobacco to produce a lung cancer. We have been smoking marijuana heavily in the U.S. for a decade or less. Also, with all our medical sophistication, it was not until the 1950s that we noted any relationship between cigarette smoking and lung cancer.

"In those countries where cannabis has been smoked by adult males for centuries, there have been no long-term longitudinal studies regarding cancer and can-

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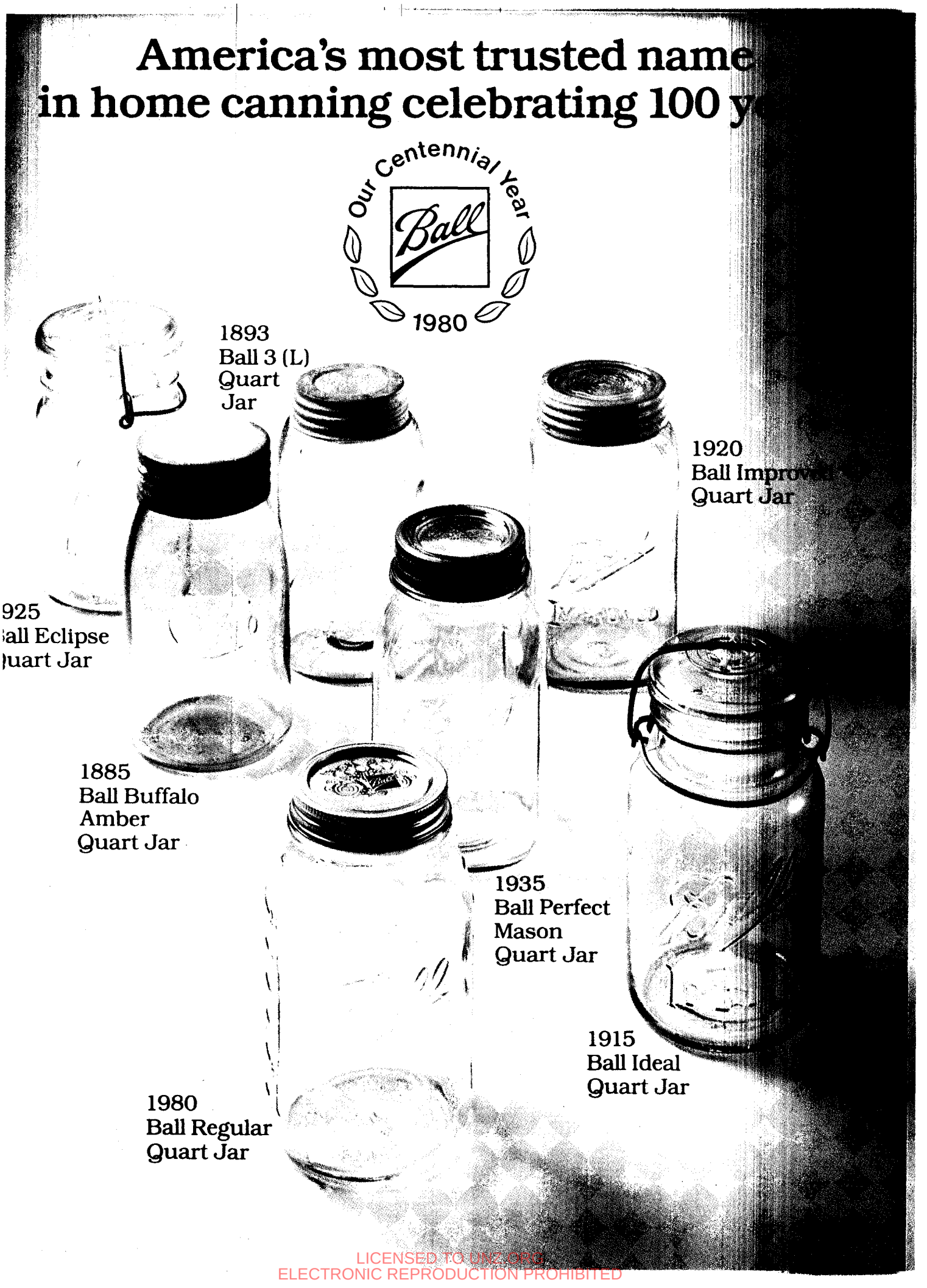

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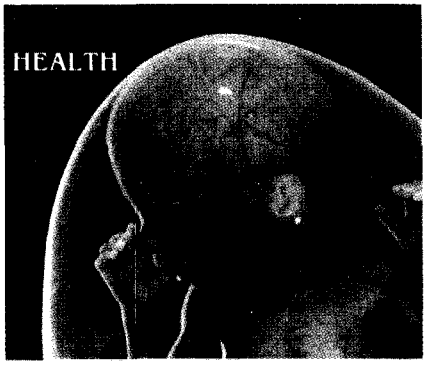

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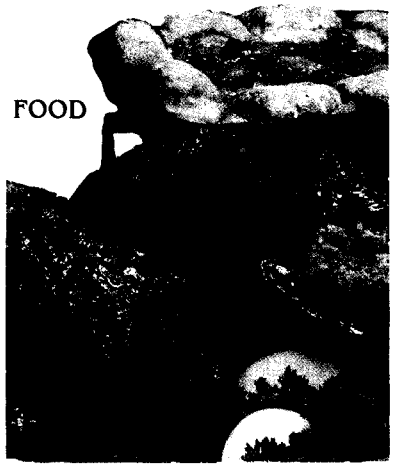

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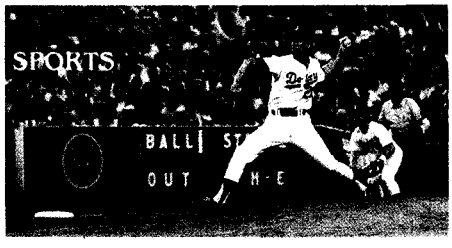

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CHASING CANCER WITH SONAR

Sonar was used widely in World War II for detecting submarines and other underwater obstacles. Today, breasts are being submerged in water and tiny lumps are detected by high-frequency sound waves.

by Ted Kreiter and Cory SerVaas, M.D.

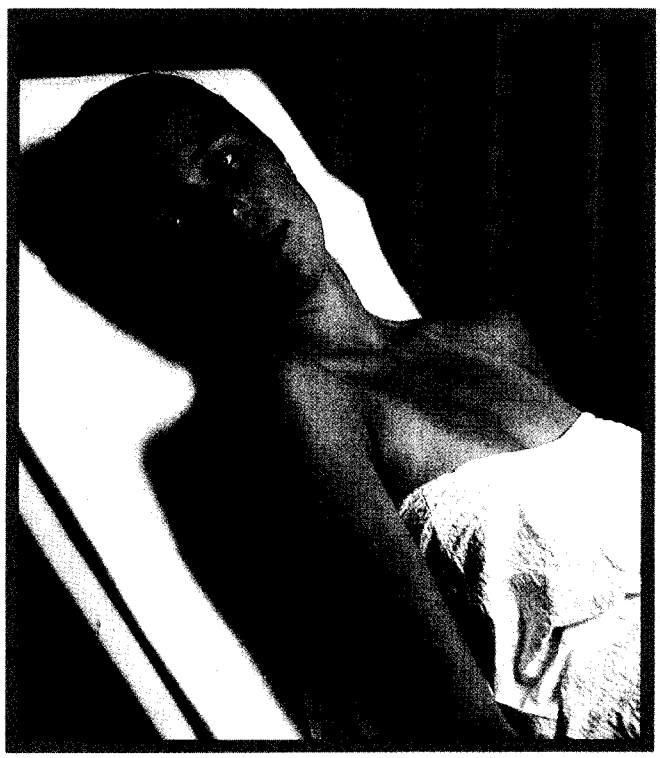
There's more to breast cancer than meets the eye, and that's the big problem. If physicians could somehow see a sign, right at the outset, that cells in the breast were getting out of control, or if a woman could feel the intruding matter before it increased or spread, then approximately 35,000 American women (more than all the infantry killed during the Vietnam conflict) might not be sacrificed each year to this cancer.

Breast cancer is the biggest killer of all cancers in women and, at present, there are no effective programs to control it. A thousand more women died from breast cancer last year than the year before, and this year's projections are even more ominous.

Most breast tumors are not discovered by physicians. They are found by women themselves, either by accident or by palpation, but often, by the time a woman realizes she has a lump and sees a physician, it is already about ¾ inch in diameter. A tumor that size may have been growing for eight years. This is a significant head start, during which the tumor, if cancerous, may have spread.

It should be noted that a breast lump is found to be cancerous in only 20 out of 100 cases. Unfortunately, however, approximately one-half of these patients die in the first five years. If cancer could be found at a much earlier stage, it is possible that this statistic could be changed and that many more patients could have an almost normal life span.

The hope is that ultrasound will eventually become the ultra-early detector of tumors, and in that respect either become an adjunct to or, in some cases, replacement for the present first-line defense of X-ray mammography.



Ultrasound is a particular boon for young women. It is difficult to X-ray young women's breasts because they are more dense than those of older women. Also, young women have a tendency to develop benign fibroadenomas, which X-ray doesn't generally differentiate from the malignant adenocarcinomas in a young breast. Ultrasound can make this distinction and alleviate the need for a biopsy. Breast cancer in young women, though rare, is often more virulent and more often fatal than in older women, where it is more common but often slower acting.

Until the mid-1970s, doctors used X-rays with success and apparent impunity to screen young and older women alike for breast tumors. X-rays identify tumors with an accuracy of about 85 percent.

Unfortunately, X-ray radiation is also one of the few agents definitely known to trigger cancer, so when studies began showing that radiation that had accumulated from a series of mammograms could itself lead to breast cancer, the widespread screening of women of all ages, whether or not they showed cancer symptoms, was modified.

At present, many doctors feel that women under 50 should not be given breast X-rays routinely, on the theory that during their remaining life they will accumulate too much radiation. Women over 50, however, are in a higher cancer-risk category, and some doctors believe they should be screened routinely since they are not likely to accumulate enough radiation in their remaining years to threaten their health. The American Cancer Society's most recent recommendation is that women over 50 have an X-ray mammogram every year and that women under 50 consult their personal physicians about the need for mammography. They also recommend having a base-line mammogram for women between the ages of 35 and 40, which would be a valuable diagnostic base when the woman is past 50 or develops a lump.

Physicians are still of different minds on the matter

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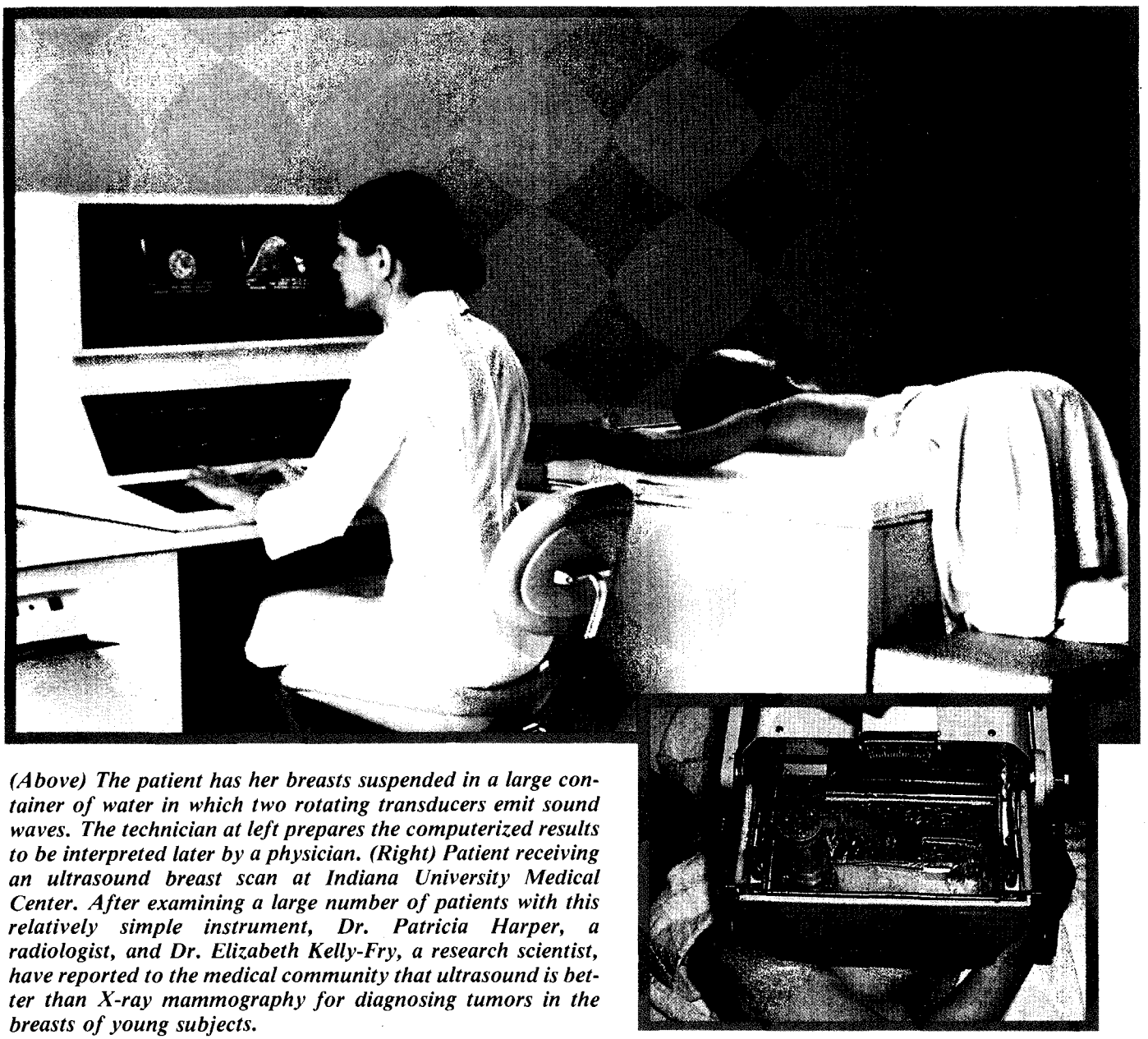
of X-rays for breast screening. Are they sacrificing many women by depriving them of early warning so that a small number—say five out of 45,000—will not develop radiation-induced cancer? Or, is the risk of X-ray mammography and other irradiating techniques great enough to restrict its use only to the high-cancer-risk group of women over 50? The National Cancer Institute, the American Cancer Society and other organizations do not want doctors to expose women to the risk unnecessarily. If ultrasound technology proves to be a reliable diagnostic technique, however, the mammography controversy may eventually become academic. Ultrasound is not an X-ray and apparently poses no physical risks.

When doctors take X-rays, the breasts are placed in a plexiglass holder while radiation is shot from above onto a film plate below. A lateral, or side, view is also taken. This procedure may occasionally miss tumors along the chest wall. X-rays also tend to lose their image definition in the very dense breasts of younger women, with the result that mammography is often not able to diagnose tumors in the young breast. Ultrasound can image all areas of the most dense breast and thus can accurately diagnose tumors in breasts of subjects of all ages.

Ultrasound is far ahead of X-ray mammography in at least one important respect. It can clearly differentiate between a cyst and a solid lesion in breasts of women of all ages. Women who discover that they have breast lumps and fear that they may have cancer are usually suffering from fibrocystic disease, the most common benign disorder of the breast. Fibrocystic disease occurs when fluids block ducts in the breast and form cysts, which may be hard or soft and are difficult to diagnose. The cysts usually grow very quickly, far faster than cancerous tumors. Physicians believe they are caused by increased estrogen levels during the menstruating years and that they are somehow connected with high salt intake. With ultrasound imaging, cysts can be identified and located and, if the



(Above) The patient has her breasts suspended in a large container of water in which two rotating transducers emit sound waves. The technician at left prepares the computerized results to be interpreted later by a physician. (Right) Patient receiving an ultrasound breast scan at Indiana University Medical Center. After examining a large number of patients with this relatively simple instrument, Dr. Patricia Harper, a radiologist, and Dr. Elizabeth Kelly-Fry, a research scientist, have reported to the medical community that ultrasound is better than X-ray mammography for diagnosing tumors in the breasts of young subjects.

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Elizabeth Wilson, a beauty salon electrologist, is alert for cancer clues as she removes hair.

Fear that they might be diagnosed with breast cancer may keep many women from seeing a doctor. That is the conclusion of electrologist Elizabeth Wilson, who has discovered lumps, later found to be cancerous, in the breasts of 19 clients at her office in a department store beauty salon.

"Women come in here with breast hair that they need removed," she explained. "In the process, I have my hands on their breasts and I can feel lumps." Ms. Wilson said her knowledge of cancer signs comes mostly from reading about the subject. "I have found what I feared could be cancerous lumps because of the leathery feel," she said. The orange-peel-textured rough skin, termed *peau d'orange*, is a late sign of breast cancer.

When she finds a lump, Ms. Wilson brings it to the attention of her client. "I never say anything to frighten them," she said. "If they don't want to talk about their medical background, I tell them there is a slight swelling, and I must have a note from the doctor saying it is all right to proceed with electrolysis. One way or another, I get that person to see a physician."

Of Ms. Wilson's 1,110 clients, half have breast hair, and she has detected breast lumps of some sort in many of them. "They often don't consult their physicians, even when they think they have a lump," she said. "They are afraid of what they may find."

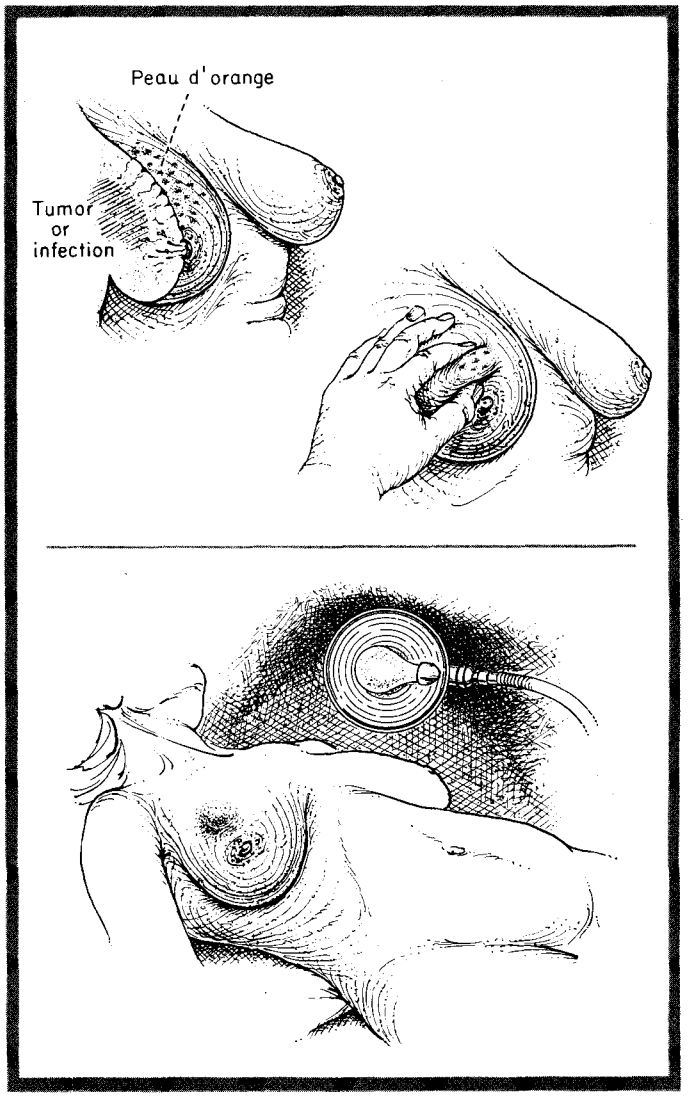
Electrologists wishing a copy of this article may obtain it by sending a self-addressed, stamped 8½ x 11 manilla envelope to:
Medical Education & Research Foundation
P.O. Box 2166
Indianapolis, Indiana 46206

physican feels it is necessary, the fluid can be drained by a simple needle aspiration.

Other benign growths also pose diagnostic problems for radiologists using mammography. For example, fibroadenomas, solid benign tumors, are difficult to differentiate from cysts when they are present in dense breasts, such as those of young women. Recent studies carried out at Indiana University Medical Center by Dr. Patricia Harper and Dr. Elizabeth Kelly-Fry have shown that ultrasound is very accurate in the diagnosis of fibroadenomas and that, in most cases, no biopsy is required.

One of ultrasound's additional advantages is in reexamining patients diagnosed as having a benign breast disease. Such patients can come back as often as necessary for further ultrasound scans to make certain their benign tumors have not become malignant.

The ultimate task for ultrasound, however, may be to replace mammography in large-scale screening pro-



One sign of breast cancer is **peau d'orange,** *an edema of the skin so called because of its texture similar to that of an orange peel. This edema may be detected early by gently squeezing the skin between the forefinger and thumb.* **Peau d'orange** *may be confined to a small area or it can cover most of the skin of the breast.*

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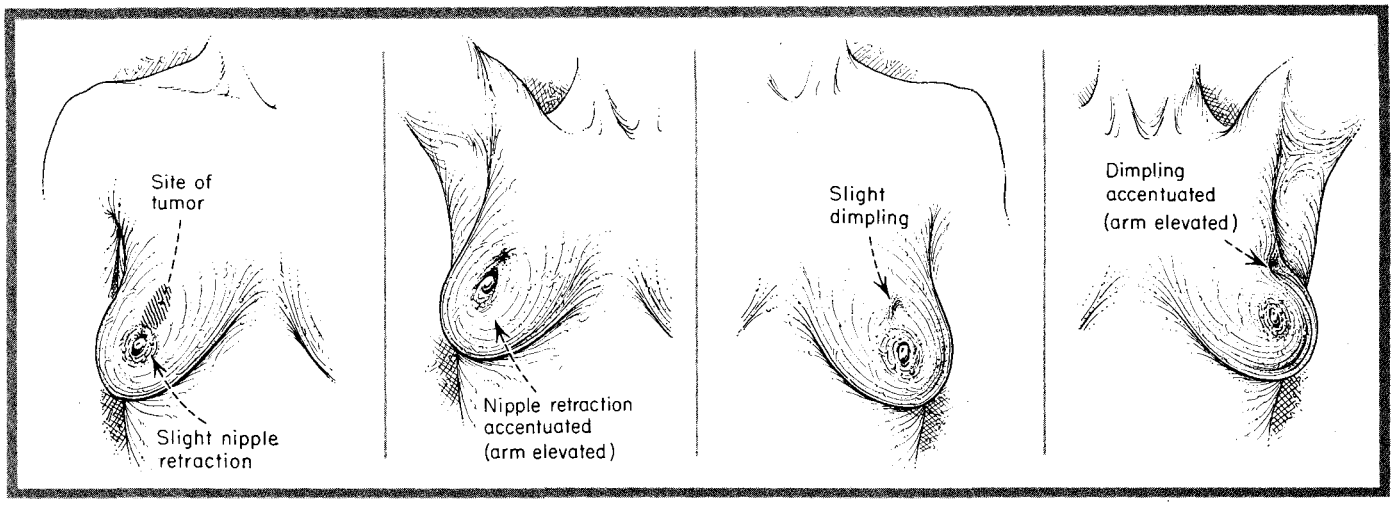

Retraction of the nipple is often the sign of a nearby tumor. The retraction may be more noticeable during an examination when the arm is elevated. One of the most significant signs of breast disease is skin retraction or dimpling, which may be slight or readily apparent. Raising the arm can also accent this cancer clue.

grams. In this respect, the Japanese, who like to avoid using X-ray whenever possible, realized the potential of ultrasound breast scanning long before it caught the attention of American researchers and physicians. By 1975, they were reporting almost 90 percent accuracy in diagnosing malignancy in patients with palpable masses. In general, these tumors were all over 2 centimeters in size, i.e., ¾ inch or larger. In 1975, the Japanese began equipping small vans with ultrasound units and sending them into the countryside to reach as many women as possible in a breast-screening program.

To save scanning time, the attending Japanese physicians first examine breasts manually. If they find any trouble spots, those areas are examined with ultrasound. Otherwise, only the top, outside quarter of the breast is scanned, because physicians have discovered the highest rate of malignant tumors are in that area. This procedure cuts down on the time required for scanning and for reading the image data.

The Japanese program is not a perfect one, particularly since the whole breast is not examined, but it is superior to mere palpation and far superior to no screening program.

The ultrasound breast-scanning effort in the U.S., on the other hand, has developed slowly. Individual scientists and physicians around the country have been working since the late 1960s, trying to tease high-frequency sound waves into modalities proper for thorough breast examination. Progress has been limited because both research studies and instrumentation development were required, and until recently there was not much interest on the part of commercial manufacturers in the development of ultrasound breast scanners.

In order to prove that ultrasound is a valuable diagnostic technique for breast tumors, Dr. Elizabeth Kelly-Fry, an associate professor at the Indiana University School of Medicine and a research scientist in the Indianapolis Center for Advanced Research, Inc., has carried out research on ultrasound breast examination for more than 10 years. In recent years, based on the results obtained in her studies, she has made strong recommendations to the medical ultrasound community that intensive clinical testing of ultrasound breast scanning be carried out on patients with a palpable lump or some other sign of a possible breast problem. She has heeded her own advice, and in the past two years, Dr. Kelly-Fry and Dr. Patricia Harper, a radiologist at the Indiana University School of Medicine, have combined their talents and knowledge to initiate a clinical program on ultrasound breast examination. Nearly a thousand patients have been examined in this careful study. Young subjects are examined with ultrasound only, while older women with a palpable mass or some other breast problem are examined by both mammography and ultrasound. The successful results of these studies have been reported at a number of medical meetings and in scientific publications. These studies have shown that when proper instrumentation is available to the physician, ultrasound, as an adjunct method, can increase the diagnostic accuracy of mammography; ultrasound used alone for examination of young patients is more successful than mammography. Both Dr. Harper and Dr. Kelly-Fry encourage wide-spread application of ultrasonic techniques for breast examination. Dr. Kelly-Fry emphasizes the necessity for adequate instrumentation combined with careful clinical studies. The instrumentation used at the Indiana University Medical Center is based on Dr. Kelly-Fry's research studies and includes a variety of ultrasound instruments varying from relatively simple units to more sophisticated, fast-scanning instruments.

Insofar as screening with ultrasound is concerned, both Dr. Kelly-Fry and Dr. Harper feel that in order to meet the most important criteria for successful screening, rapid-scanning ultrasound instruments with high resolution capabilities would have to be developed. Prior to using these instruments for screening, carefully designed clinical programs would have to be put into operation. Studies are presently under way at the Indiana University Medical Center on rapid-scanning ultrasound instruments, and video record-

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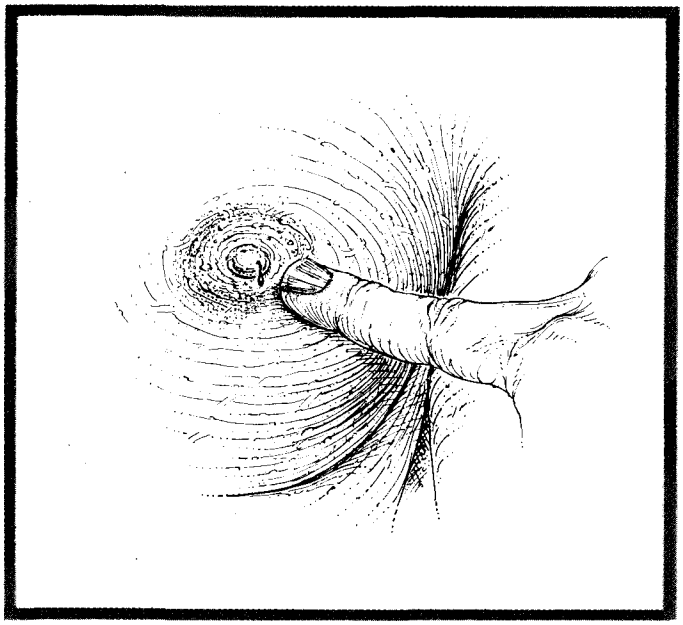

Sometimes the only sign of a nonpalpable tumor is nipple discharge, a dripping from the nipple of either blood or a watery substance. Non-nursing women should alert their doctors of any breast discharge. Fluids and masses look alike on X-ray, but ultrasound can identify a fluid-filled cyst, eliminating the need for a biopsy.

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ings of breast scans obtained with these instruments have been shown at recent medical meetings.

Under the sponsorship of the National Cancer Institute of the National Institutes of Health, a number of research scientists are using computer techniques combined with ultrasound to increase the accuracy of detection of small tumors in the breast and to investigate the potential of ultrasound combined with computer reconstruction techniques for early detection of malignant changes in the breast. Studies of this type, which are strongly research-oriented and involve a relatively small number of patients, can be found in selected places in the United States. The work of Dr. Frank E. Barber at Harvard Medical School, Dr. Paul Carson at the University of Colorado, Dr. James Greenleaf at Mayo Foundation and Dr. William Swindell at the University of Arizona are examples of such studies.

In a study sponsored by the National Cancer Institute, Dr. Barry Goldberg and Dr. Catherine Cole-Beuglet and their associates at Thomas Jefferson Hospital in Philadelphia have used a variety of ultrasound instruments for clinical breast examination of symptomatic patients, including a commercial ultrasound instrument developed in Australia and a new ultrasound breast-scanning instrument recently developed by one of the commercial manufacturers. Results obtained on approximately 1,000 patients, as reported at medical meetings and in scientific journals, have confirmed the value of ultrasound for breast examination. Physicians and research scientists in Australia have applied ultrasound visualization methods for breast diagnosis for a number of years. They have been using the Octoson, developed in Australia, for scanning the major portions of the body, especially the abdomen. Individual European physicians have also found ultrasound valuable for breast examination of symptomatic patients. In general, these physicans have either used commercial instrumentation designed for examination of other parts of the body or have imported Japanese ultrasound breast scanners.

Some U.S. physicans, unable to obtain units designed specifically for use on breasts, have adapted other types of ultrasound instruments, have attempted to develop their own breast scanners or have used new commercial instruments that are still in the testing stage. Dr. Gilbert Baum at Albert Einstein College of Medicine in New York has been using a self-designed instrument for more than six years. He says only the high cost of ultrasound instruments prevents the use of ultrasound breast scanning outside hospitals and clinics. "Scanning is strictly a mechanical procedure which can easily be accomplished by a technician," he explained. Screening could feasibly be done in the community by technicians and the results sent in for interpretation by specialists.

In his present work, Dr. Baum is trying to improve the accuracy of reading ultrasound images. "I want to approach the results in an objective way, rather than just looking at a picture and saying that somebody does or does not have a particular type of disease," he said. "The ultrasound picture is like a television picture; it's composed of little tiny dots. We're looking for some way of taking a statistical measure of those dots and saying that one statistical measure goes with one kind of tumor and another kind of statistical measure goes with something else."

The majority of cancers occur in the upper, outside quarter of the breast. In an effort to use their ultrasound funds judiciously, the Japanese screen only this quadrant, but they are able to catch much disease early.

We asked Dr. Baum about the use of sonar by dentists for removing decay and if this type of ultrasound is comparable to diagnostic ultrasound. "That is a totally different thing," he replied. "They are using ultrasound for teeth-cleaning purposes, and they are working at low frequencies and relatively high energy levels, so this has absolutely no relationship to the kind of thing that's been done in diagnostic ultrasound. We use a much higher frequency and a much lower power. Diagnostic ultrasound, as far as we know, doesn't have any effect on the tissue that is being diagnosed."

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Dr. Baum is skeptical of some of the latest commercial instruments that have recently become available and believes that they "could use some more refining." Two American companies that have been developing scanners for the past six years, on the other hand, say their instruments are as accurate as X-ray and that they are designed to make mass ultrasound breast-screening programs feasible in the U.S.

Another physician who is enthusiastic about ultrasound is radiologist Dr. Barbara Bear at Mt. Sinai Hospital in Miami Beach. One of her relatives died from breast cancer after having a history of lumpy breasts from benign fibrocystic disease. Unfortunately, with X-ray it is difficult to differentiate between fibrocystic disease and cancer, and women often do not take lumps seriously after many have previously been diagnosed as benign. Statistically, women with a history of fibrocystic disease are more likely to have breast cancer and, unfortunately, they are less likely to get the early attention which is desirable in a cancer diagnosis. After numerous biopsies, there is a tendency to assume new lumps will also be benign.

"The reason ultrasound scanning has not been in widespread use for diagnosing breast pathology is that we are looking for lesions that are very small, less than a centimeter," explains Raymond Elliott, president of Life Instruments Corporation. "If you think of the breast as a loaf of bread, the image from one scan is what you would get by pulling out a single slice and photographing it. Since we now get slices roughly a millimeter thick, we end up with hundreds of images. Until recently, looking at all those images could really drive doctors crazy."

Elliott said that now, however, technologists have solved the "single slice" problem with sequencing, a process which displays all the slices in succession, rapidly (20 frames a second), to recreate a single three-dimensional image. In this way a doctor can view the whole breast quickly. What appears as a small circle on one slide and could be a blood vessel, a duct or a cyst, will identify itself. "If it is a cyst, it will appear to open up as you come into it and close as you go past," Elliott said.

If a malignant tumor is caught before it reaches ¼ inch in diameter, there's only a 10 percent chance it has spread and a 70 percent chance the patient will be alive 10 years from now. Ultrasound scanners can theoretically resolve breast lesions which are as small as one millimeter in diameter, a size that medical science is fully equipped to tackle.

At present, only a handful of ultrasound scanners are available in hospitals across the country. In most places, they are used in combination with mammography for women who are high-risk patients. Breast cancer is most likely to occur in women who are 50 or older, those who have a previous history of breast cancer or whose close relatives have had it and in women who have a history of cystic disease. It also shows up more often among women who give birth after age 30, in those with a history of other kinds of cancer and in women who are overweight.

The ultrasound breast-scanning procedure varies with the type of instrument used. In some cases, the

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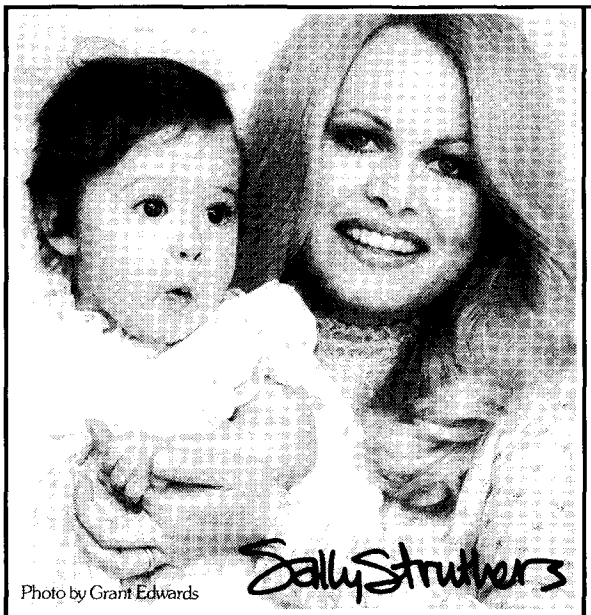
This Is Sally's First Baby And Her Second Child.



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Speaking Out

IT'S TIME TO BRING BACK CITIZEN LEGISLATORS

Our social and economic destinies lie in the hands of our congressmen—too many of whom have reelection as their primary goal.

by Richard M. DeVos and Jay Van Andel

Illustrated by Ed Cortese

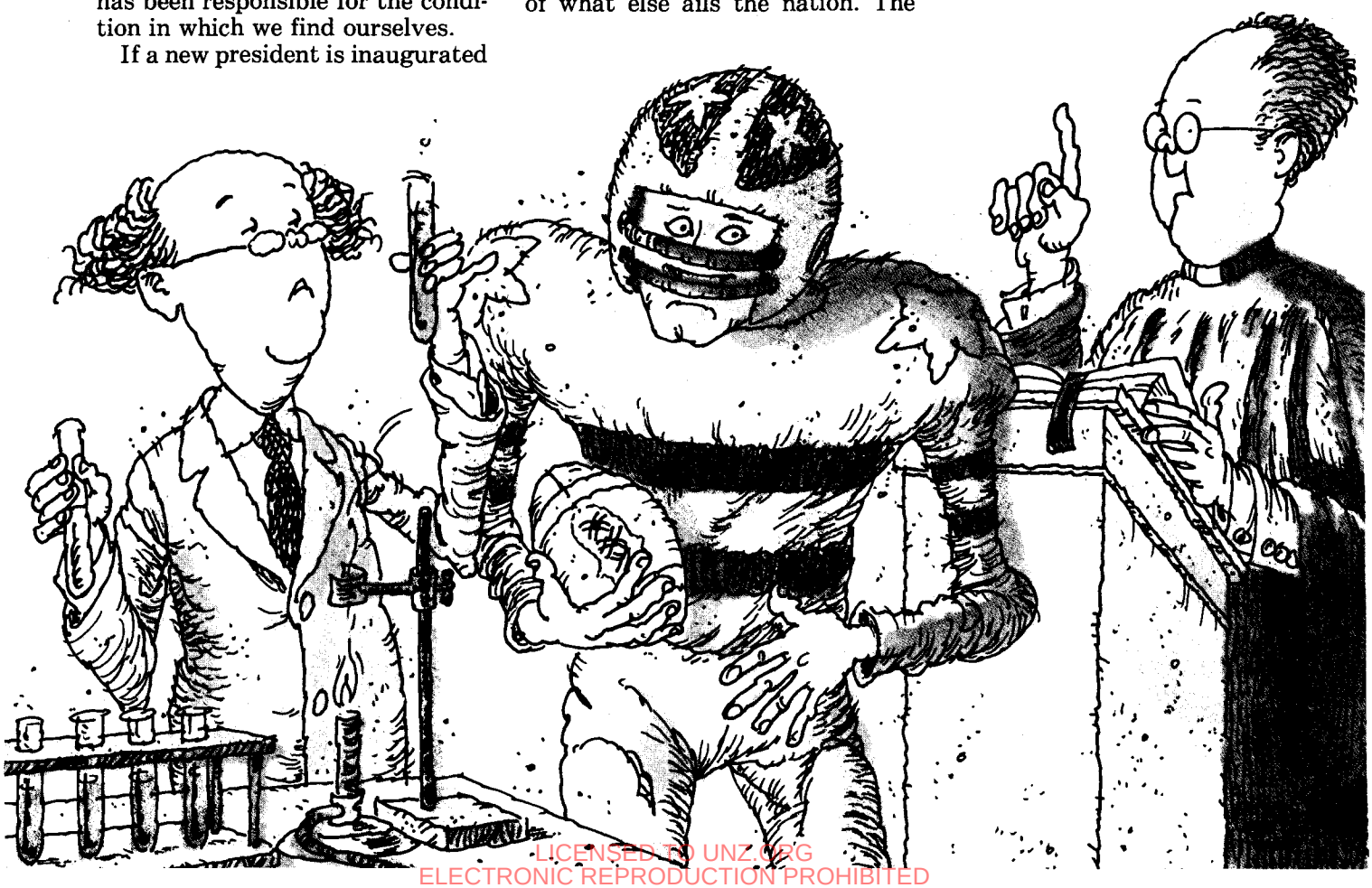
High on the public affairs agenda for the 1980s must be an effort to amend the Constitution of the United States to limit the terms of the members of the Congress.

If a new president of the United States is inaugurated next January, many Americans will expect a dramatic change in the way the country is run. Most people view presidential elections as a means of making a clean sweep of government—tossing out the crowd that has been responsible for the condition in which we find ourselves.

If a new president is inaugurated in January, statistics indicate that a large majority of those truly responsible for inflation, high unemployment, recession, chaotic energy policy and much more will be returning to their offices in Washington. They are members of the Congress—our senators and representatives—whose staying power has reached new pinnacles during the last 25 years.

It is not the president alone who is responsible for runaway government spending, inflation and much of what else ails the nation. The president cannot spend a penny that is not authorized and appropriated by the Congress. The president cannot even levy taxes without the authority of the Congress. And it is Congress which annually authorizes the staggering increases in the national debt.

True, a president who is a skilled leader—one who has the ability to rally the people and turn them into an effective lobbying force in his behalf, or one who has the political



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clout to cajole and jawbone his congressional colleagues—*can* make a difference in the direction of the nation. Certainly, the president has a major role in shaping foreign policy. But it is the members of the Congress in whose hands we have placed our economic and social destinies.

The public may sense the culpability of Congress for the sorry state of affairs in the country, but they do not hold individual members accountable. According to a Louis Harris poll, in 1978 only 9 percent of those asked expressed a great deal of confidence in congressional leadership. A Gallup survey at election time that year showed only 28 percent of the people approved of the way Congress was doing its job. Nevertheless, more than 94 percent of the members of the House and 73 percent of the senators running in 1978 were returned to office!

That irony may be the heart of the frustration being expressed this year by so many Americans. They do not seem to believe that there is anything they can do to alter the course of events which affect their lives directly. They have not realized that it is in their power to make meaningful changes in the government by voting out of office those members of the Congress who are responsible for the current mess.

James Russell Lowell said, "All free governments, whatever their name, are in reality governments by public opinion, and it is on the quality of this public opinion that their prosperity depends."

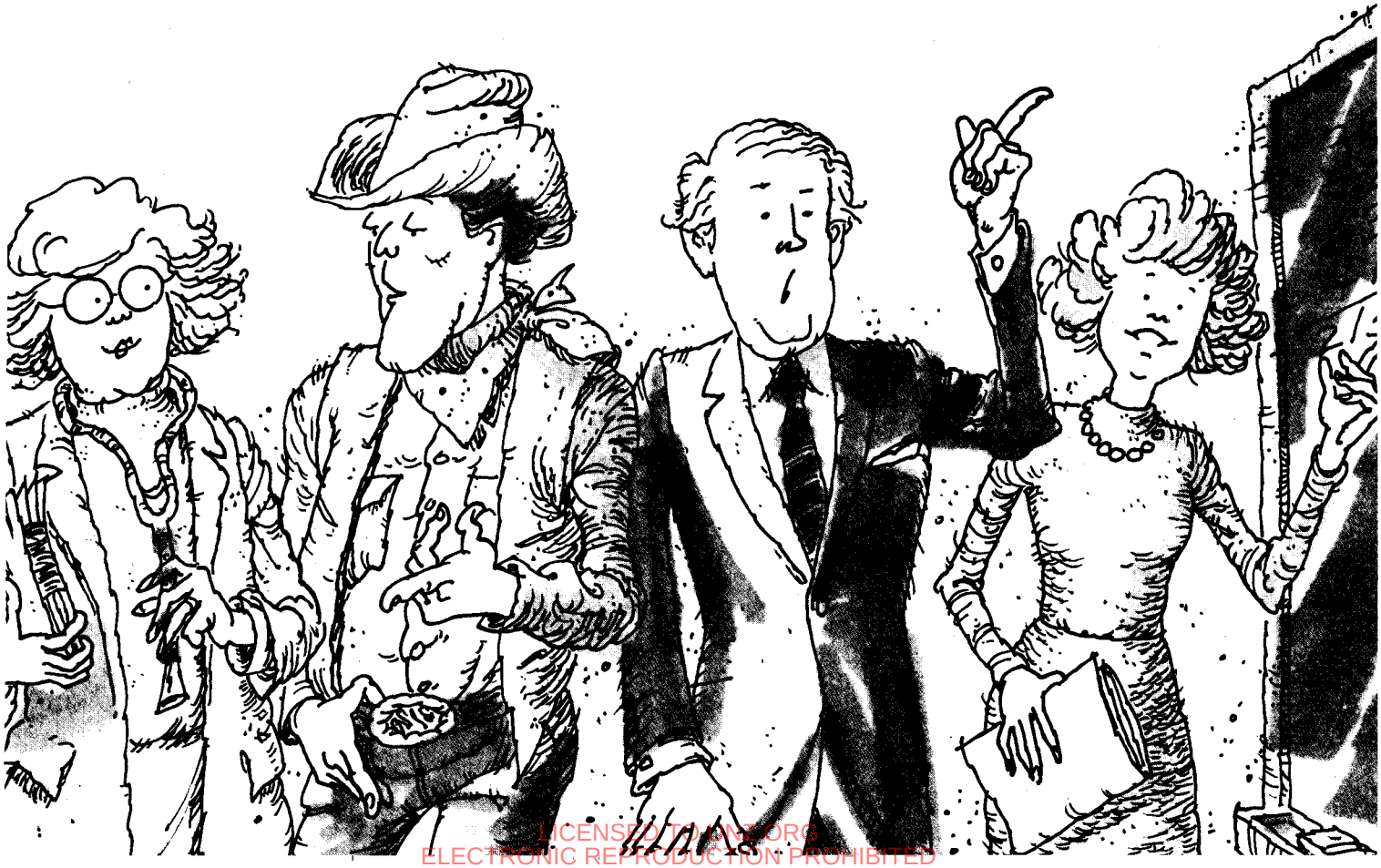
Public opinion is being thwarted by incumbents in Congress who are virtually isolating themselves from defeat, becoming career politicians, by using millions in taxpayers' money to propagandize their constituencies into maintaining them in office.

Term limitation will rectify that. Limiting the number of consecutive terms a senator or representative may serve will diminish the advantage of the incumbent, remove the temptation to yield to narrow interest groups for political favors, subdue the vote-getting role of legislator as ombudsman and restore elected officials to their proper function—that of makers and overseers of legislation.

The principal goal of most incumbents in the Congress is to be reelected. In the past quarter-century they have voted themselves campaign advantages which make it extremely difficult for challengers to unseat them: free mailings worth more than half a million dollars, large staffs in Washington and in their home states, sophisticated research facilities, subsidized radio and television production facilities and access to the heavy concentration of media people who focus on Washington.

Those in Congress spend an inordinate amount of their time building name recognition among constituents—acting as go-between for those having problems dealing with the government, sending birthday cards or taking note of some special occasion in the life of a coveted voter. Press releases and public statements often mask their legislative performance, making it difficult to determine whether the legislator is truly representing the views of his constituency, and constituencies find voting records hard to decipher.

Politicians who have done so much to assure their continuance in office can afford to be less sensitive to the desires of those they purport to represent. During the



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last quarter-century we have witnessed the demise of the citizen legislator and the emergence of the career politician. The Congress is full of them, and the results are a matter of record.

Senator DeConcini said once, "I strongly believe that our Founding Fathers desired that the legislature be truly representative of the people. This demands, in my view, that there be a fairly frequent change in personnel in the legislature. I believe we would all benefit by a system of citizen legislature—men and women who come to government briefly, bringing their varied experiences to bear on current problems, and who then return to live with the consequences they have made."

To change the direction of the country, we must change the composition of the Congress; that is why we have placed our support behind the Foundation for the Study of Presidential and Congressional Terms. The organization, based in Washington, D.C., is studying alternatives to the present system of unlimited terms for members of the Congress and two terms for president. Recommendations will be made on possible amendments to the Constitution to restore the concept of the citizen legislator. The most frequently discussed term-limitation proposal is one six-year term for president, two six-year terms for senators and three four-year terms for representatives.

Those who oppose term limitation do so for many reasons. They argue that one should not tamper with so fundamental a section of the Constitution. Yet, from 1776 to 1788, members of the Continental Congress were prohibited from serving more than three years in any six-year period, and the concept of term limitation was very much on the minds of those writing the Constitution. The so-called Virginia Plan would have limited the president to one seven-year term. It was dropped at the last minute. Since 1789, more than 70 constitutional amendments have been introduced in the Congress containing some form of term limitation.

If that is not enough evidence of an historic concern about career politicians, the 22nd amendment to the Constitution, proclaimed on March 1, 1951, established a limit of two four-year terms for president. And 27 states limit the terms of some elected officials.

Support for term limitation is building. In 1977, Dr. George Gallup, in a special report for *Readers Digest*, listed it as the first of the six political reforms most Americans want. He found support for the concept among 66 percent of the people.

Distinguished Americans of both political parties endorse the idea. Dr. Milton Eisenhower is an active proponent of term limitation. His brother, the late president, was one of several contemporary chief executives to favor the idea. Others include Harry Truman, Lyndon Johnson, John Kennedy and Jimmy Carter. William Simon, Jack Valenti, Griffin Bell, Leon Jawarski and others who have served in Republican and Democratic administrations are also advocates of term limitation.

Those who do not regard office as a lifetime pursuit will vote as their consciences dictate . . .

Understandably, support among those now serving in Congress is sparse. It derives largely from freshmen senators and congressmen; most of those in positions of leadership do not talk about it—no surprise when one considers that the mean age of House committee chairmen is 62 and of Senate chairmen, 65.

Among respected veterans in Congress, Congresswoman Edith Green and Senator Barry Goldwater have indicated support for term limitation. There is enthusiasm among younger members. Senator Malcolm Wallop of Wyoming sees term limitation as an election reform which would "insure an infusion of ideas into the [democratic] process." Senators DeConcini of Arizona, Danforth of Missouri, Exon and Zorinsky of Nebraska, Simpson of Wyoming and Schmidt of New Mexico favor term limitation. First-term senator Nancy Kassebaum of Kansas delivered her initial speech on the Senate floor in support of limited terms for Congress.

Some who oppose amending the Constitution for this purpose say that to do so will remove the incentive for elected officials to represent their constituencies. They argue that once elected and relieved of the necessity to be reelected, politicians will do as they please, forgetting the promises they made at election time.

On the contrary, those elected for a limited number of terms—those who do not regard the office as a lifetime pursuit—will vote as their consciences dictate, instead of trying to satisfy every interest group with the power to terminate their fragile political careers. They will spend time in closer scrutiny of existing agencies, instead of reacting piecemeal to citizen complaints of government mistakes or red tape, actions which are now regarded as an essential means of enhancing the political image. Term limitation will not prevent inadequate or dishonest politicians from being elected to office, but it will guarantee that they will not remain in office for a lifetime.

There are those who insist that term limitation will cause the nation to lose quality representation just as legislators become effective and knowledgeable about the ways of government and politics. It is true that throughout the years there have been a number of statesmen of both parties who have served their nation honestly and effectively well into their twilight years. But the loss of future such statesmen will be offset by the continuous infusion of new talent and new perspective into the governmental process.

To the argument that this complex society requires professional legislators, it is sufficient to respond that while society has become more complex in the last 25 years, the Congress has become less effective in responding to society's challenges. Regarding the presidency, all who have served there since 1945 agree that they would have been more effective

Continued on page 102

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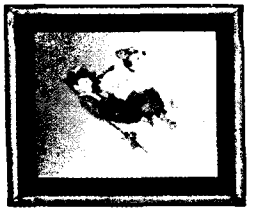

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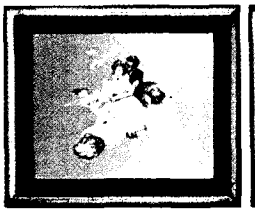

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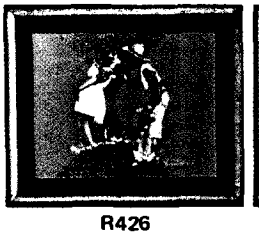

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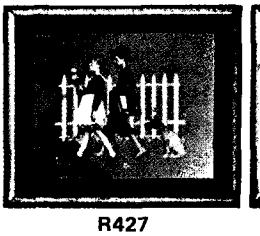

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AN M.D. WHO CONQUERED HIS CANCER

The hitchhiker said, "You don't have to die of cancer"—but what does a hitchhiker know?

by Thomas Monte

Photography by Link Harper

Just before 9 a.m. on September 25, 1979, the president of Philadelphia's Methodist hospital arrived at his office, put on one of his well-worn scrub suits and prayed to God that his cancer was gone. Then he hurried down the hall to the X-ray department.

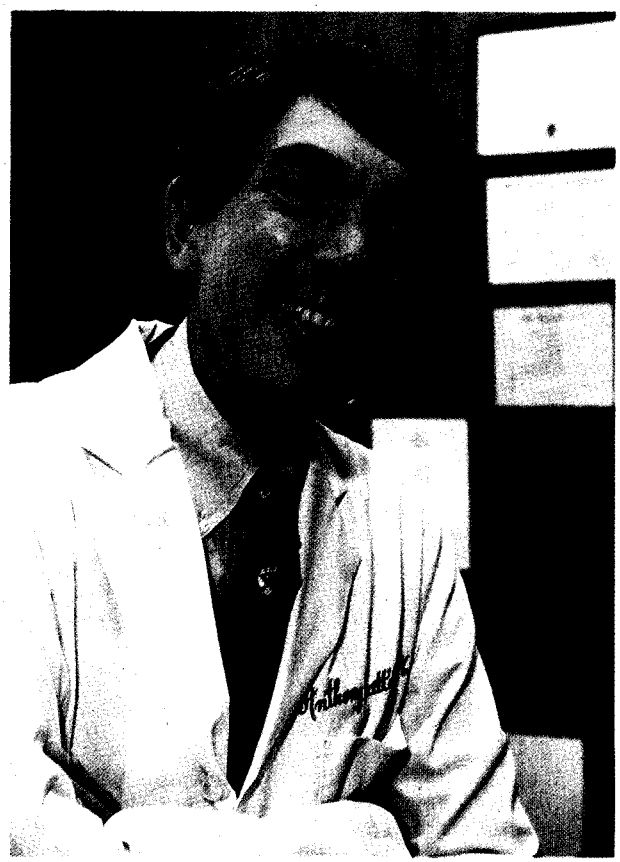
Fifteen months before this September morning, physicians had discovered that Dr. Anthony Sattilaro's 48-year-old body was virtually riddled with malignant tumors: The cancer had spread to his skull, right shoulder, ribs, sternum, spine and prostate. The prognosis was that he had about 18 months left to live.

Now, as he entered the X-ray room on this fall day, Sattilaro was praying like a saint, though he was secretly optimistic. He greeted everyone present and watched as the doctors injected into his veins a radioactive dye; then they waited for it to be absorbed into his bones so that the bone scan could be performed. Four hours later, a machine similar to a geiger counter, which detects where the dye collects in the body and thus where cancer cells are located, patrolled his body, following the radioactive pathways of the dye. All was normal. Further tests, including X-rays, confirmed the findings: Sattilaro was clean. There was no cancer left in his body.

The doctors at Methodist Hospital were stunned. Sattilaro had healed himself, not by conventional medical methods, but by changing his eating habits and life style. For the previous 15 months, Sattilaro had been practicing the macrobiotic diet, a regimen composed chiefly of whole grains and vegetables.

The impact of Sattilaro's recovery is still being felt at Methodist Hospital. Several doctors and other staff members at Methodist have already changed their diets. His secretary, Mari Ginniro, is now practicing macrobiotics, as are other staff members. But what is most apparent, according to Sattilaro and the hospital staff, is that his recovery has caused an important reassessment of diet's role in the treatment of disease.

Said the vice president of Methodist Hospital, Dr. John Giacobbo: "Most people at Methodist were convinced that Dr. Sattilaro was going to die. The five-year survival rate for this type of illness is zero. Now, he is completely cured, and I'm amazed. I think the diet did it."



In 1978 Dr. Sattilaro was given a short time to live. Today, tanned and vital, he rides his bike nearly three miles to the hospital—where he has resumed his role of chief executive officer.

Anthony Sattilaro grew up in Highland Park, New Jersey, and went to Rutgers University in nearby New Brunswick, graduating in 1953. In 1957, he graduated from Hanneman Medical College, went to Hartford Hospital to become an anesthesiologist and then served in the Air Force until 1963. Just before taking over as chief executive officer of Methodist at the end of 1977, he attended the Harvard Business School and School of Public Health to receive training in health systems management. Sattilaro, a bachelor, has served at the Methodist Hospital for the past 14 years.

To look at Sattilaro today, one is hard-pressed to believe that a little more than a year ago this man suffered three debilitating operations and was given little hope of surviving

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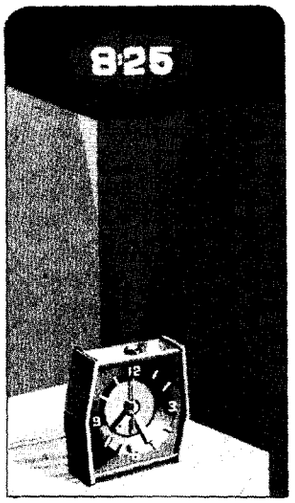

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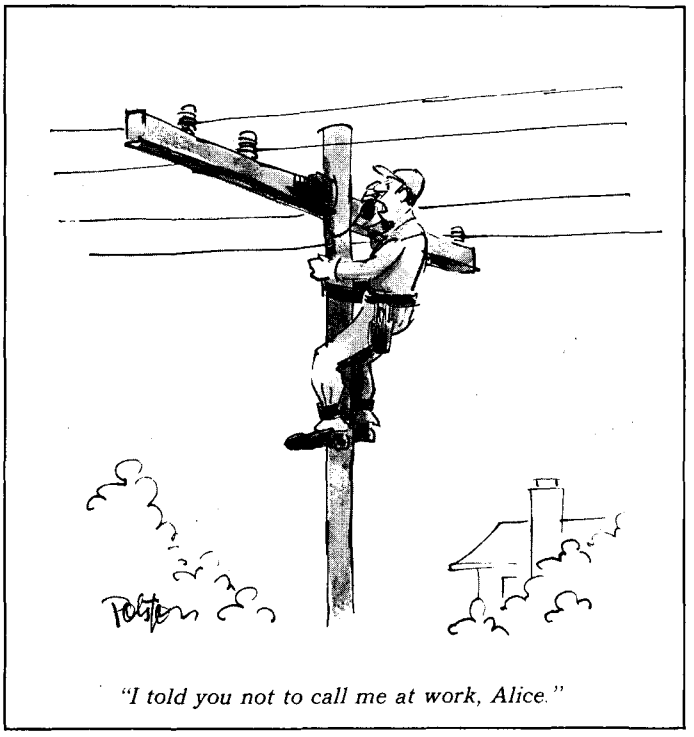
more than a few months. He looks fit. His 145 pounds are distributed evenly along the trim, five-foot six-inch frame, and his black hair betrays few signs of gray. He is tanned, and in his eyes there is the quality of one who is clearheaded and vital. Lately, his colleagues have been telling him that he could pass for someone under 40.

The story of Sattilaro's battle and ultimate victory over the most dreaded disease in America begins in late May 1978, when, ironically, it seemed his star was reaching its zenith. He had been chief executive officer of Methodist for about six months and was approaching his first major inspection of the hospital, which he expected to pass with colors flying. Everything was in order, he had decided, and it seemed a good time to have a physical examination.

After the tests were done, the radiologist telephoned him to say there was something abnormal in the test results. His X-rays revealed a large tumor in his left side. The following day, Thursday, June 1, 1978, physicians at Methodist performed a bone scan on Sattilaro. The news was bad. There was "infiltration [of cancer] in my skull, my right shoulder, two backbones, probably the sternum and a huge tumor in the left sixth rib," Sattilaro said. It was also discovered that he had cancer of the genital region; doctors weren't sure if it was the prostate or the testicles or both.

The following day was a bright spring Friday, the kind that makes people skip lunch to take walks in the sun and hurry home from work in the evening to putter in the garden. An artist was displaying his work in Rittenhouse Square, a small patch of green amid the high-rise apartments of Philadelphia's inner city affluence, that part of town where Sattilaro's own apartment is located. Browsing through the artist's collection, Sattilaro saw what he said was "a magnificent oil of tennis players," which he wanted to buy. However, "Suddenly, my inner voice said, 'What are you doing that for? You're going to die; it's crazy to buy anything.' " Trying to get a grip on his emotions, he hurried away.

The following Monday, Sattilaro admitted himself to Methodist Hospital and Tuesday morning surgeons removed his right testicle; they also performed a transrectal biopsy of the prostate, which amounts to putting a needle through the rectum into the prostate gland and removing some tissue. The latter procedure left Sattilaro with an infection. ("Inadvertent, of course, but, being a doctor, I *would* get it.") The infection resulted in a high fever, which precluded any further immediate surgery. Meanwhile, the lab tests on the prostate gland came back: The prostate was filled with cancer.



"I told you not to call me at work, Alice."

He was scheduled to return to the operating room on June 12, 1978; however, this was Sattilaro's 48th birthday, and in light of this his surgeon postponed the operation until the following day. That day, the staff gave him a party in his room; he spent the day trying to look happy in spite of himself. "I knew the next day was probably going to be a bad one," he said.

On the next day, surgeons put a needle into the tumor in his chest and then performed a thoracotomy, opening the chest and taking out the rib. The rib was then sent to the laboratory, where tests showed that it, too, was filled with cancer. According to Sattilaro, the surgeons had determined that his cancer had spread to other parts of the body and decided to remove the other testicle. That surgery was done the following week. It was his third operation in as many weeks.

Meanwhile, Sattilaro's father lay dying of cancer at Long Beach Island, New Jersey. The father had been operated on that previous November for cancer and in January had a stroke from cancer of the brain.

By June 1978, Sattilaro's father was declining fast. And because of his father's difficult state, Sattilaro did not tell his parents of his own condition. Instead, he said that during June he would be attending meetings in Chicago and that he would see them when he returned. He told his staff to relay the same message to his parents should they call.

He was discharged from Methodist by the end of June, looking every bit like a man who had had three operations in three weeks. He looked ravaged. "About a week and a half after I'd been discharged from the hospital, I remember trying to get a sun tan because I had lost a lot of weight and I wanted to go down to see my father," Sattilaro recalled. When he finally visited his parents, he wore a shirt with wide horizontal stripes, thinking it would make him look heavier. However, the charade was pointless; his father was in such a "terrible state" and his mother was so upset with her husband's condition that they didn't notice that their son was also dying.

By removing Sattilaro's testicles and thereby the source of the male hormone, testosterone, doctors had hoped his cancer would go into remission. After waiting six weeks, it became clear that his condition

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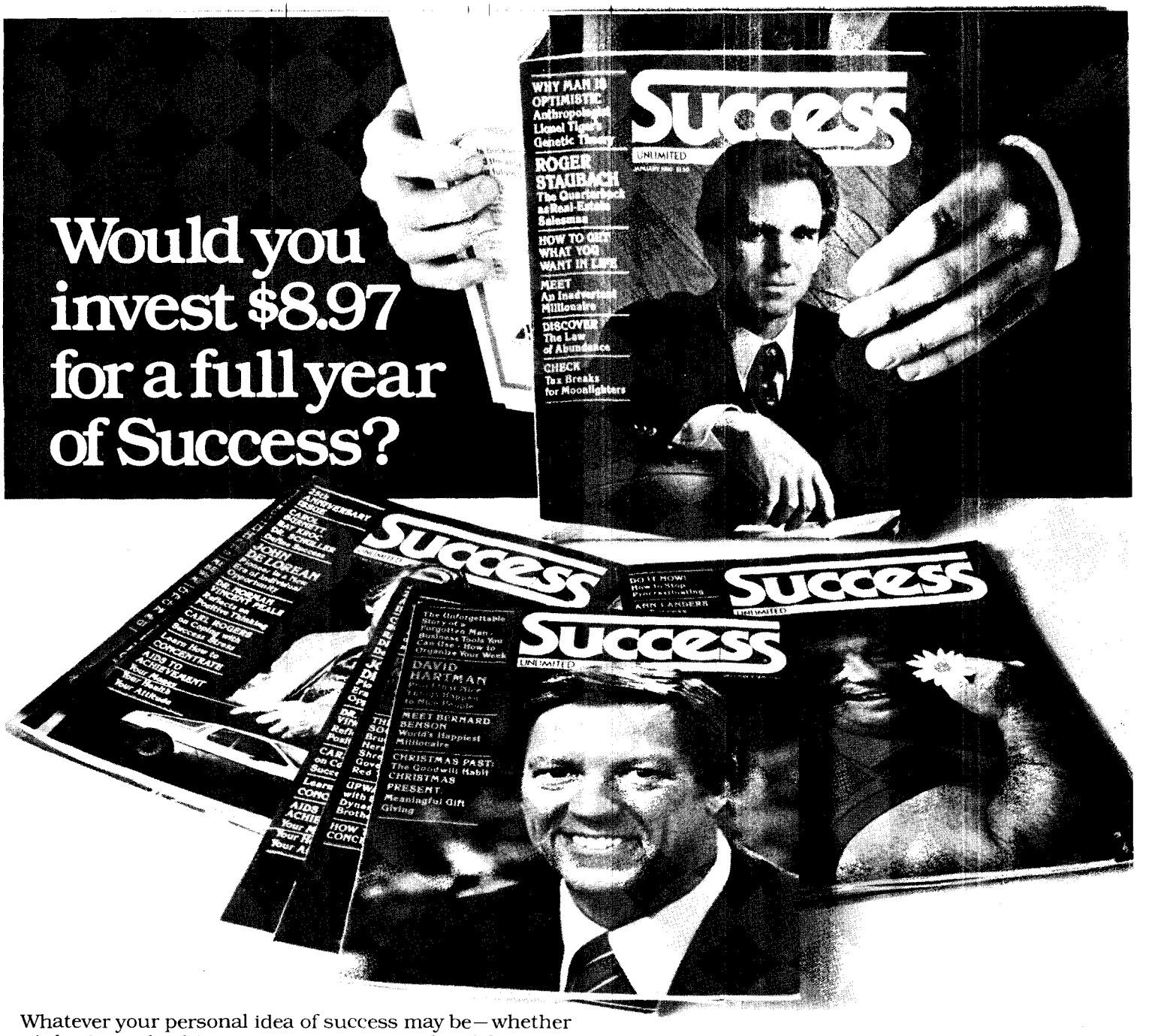

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was not improving and that the treatment would have to continue. His doctors prescribed large dosages of the female hormone, estrogen; the estrogen made him extremely itchy and nauseated and caused him to vomit and retain fluid. In a matter of weeks, his weight shot up to a rotund 170 pounds. Moreover, the operations had left him in almost constant pain, for which his doctors prescribed a concoction consisting of morphine, cocaine and compazine, which he took orally each day. His physicians then discussed using cobalt for his back. Sattilaro dismissed the idea, however. "I wasn't interested in having any more drugs," he said.

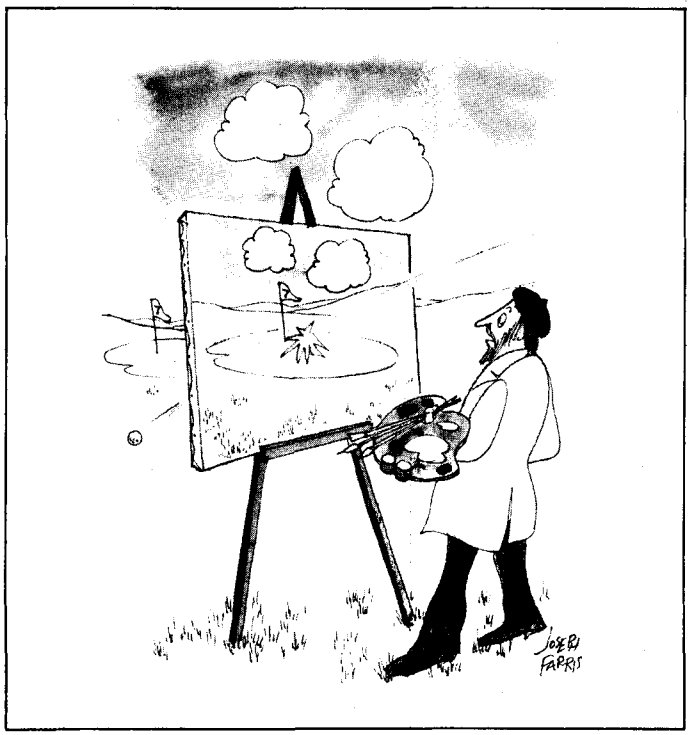
In early August, Sattilaro's father was admitted to Methodist and by August 7 he was dead. On August 9, 1978, the day he buried his father, Sattilaro began his own journey back from death.

The family buried the senior member in a cemetery in Highland Park, Sattilaro's home town. After the funeral, he got into his rented car, drove onto the New Jersey Turnpike and headed for Philadelphia. Depressed and weary from pain, he then did something that was completely out of character: He picked up two hitchhikers.

Sean McLean and Bill Bochbracher, both in their middle 20s and both practicing macrobiotics, were on their way to Charlotte, North Carolina. Once in the car, Bochbracher got into the back seat and went to sleep; McLean sat in front with Sattilaro. Not surprisingly, the doctor proceeded to tell McLean that he had just buried his father and that he himself was dying of cancer. Sattilaro says now that McLean's reply saved the doctor's life. Said McLean: "You don't have to die; cancer isn't all that hard to cure."

Sattilaro laughs now as he thinks about his reaction to McLean's words. "I looked at him," the doctor says, "and thought he was just a silly kid. Here I was, a doctor for 20 years. I knew cancer was very difficult to cure, and we didn't have the answers."

McLean said that if the doctor would change his way of eating, his terminal condition could be reversed. He then pressed Sattilaro to stop at the Philadelphia East West Foundation, which then was housed at Essene Natural Food Store on South Street. McLean wanted Sattilaro to meet some other macrobiotic people, who might be able to help the doctor. Sattilaro bought some bread at Essene and left without speaking to anyone.



About a week later, a package arrived in the mail for Sattilaro with 67 cents postage due. The package was from McLean and inside was a book entitled, *A Macrobiotic Approach to Cancer.* The doctor paid the postage and, lying on the couch at home, stiff with pain, he began to read some of the testimonials in the book.

"I rather pooh-poohed it," he recalls. "Having grown up in science, with the scientific method, you recognize that there are all sorts of claims of cures, and you don't pay much attention to them."

He was about to toss the book in the wastebasket when his eye glimpsed the name of another Philadelphia physician whose testimonial described her successful treatment of breast cancer through macrobiotics.

After looking her up in a medical directory and discovering that she was authentic, Sattilaro called her home. The woman's husband answered; Sattilaro explained the reason for his telephone call and then inquired about the man's wife.

"She's dying in the hospital," the husband replied.

"Well, you've answered my question," said Sattilaro. "Macrobiotics doesn't work."

"Oh, quite the contrary," the husband retorted. "While she stayed on the diet, she was fine."

Sattilaro then asked him if macrobiotics was worth investigating.

"Absolutely," was the husband's response.

The next telephone call Sattilaro made was to Denny Waxman, director of the Philadelphia East West Foundation.

It was August 24, 1978, when Sattilaro stepped across the threshold of Waxman's house and into a life style that was to be quite different from the one he had led during his previous 48 years.

The two discussed the problems and the 30-year-old Waxman, who had been following the macrobiotic diet for ten years, examined the doctor. Sattilaro was wearing a small acupuncture device on his back in an effort to stave off the pain, which had grown intolerable despite the heavy drugs he had been taking. Waxman said later that Sattilaro was in such pain that he had trouble speaking. Still, he spoke in plain language, Waxman recalled, and seemed surprisingly free of airs for a man of his profession and status. Waxman said he felt sure at the first meeting that Sattilaro could be cured.

Waxman recommended that Sattilaro eat the basic macrobiotic diet, which consists of approximately 50 percent cooked whole grains (brown rice, wheat, barley, millet and others), about 25 per-

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cent locally grown vegetables, another 15 percent beans and sea vegetables and the remainder taken up by fish, soup, condiments, fruit, seeds and nuts. However, in light of the doctor's perilous condition, Waxman further recommended that Sattilaro avoid fish, oil, flour products and fruit, at least until he was out of danger. Waxman then told Sattilaro where he could get cooking classes and instruction in the macrobiotic way of life.

"What the hell," Sattilaro said to himself as he left Waxman's house. "I've got nothing to lose; I'm going to die anyway, so I might as well give the diet a try."

As head of a large metropolitan hospital, with its constant demands and busy schedule, Sattilaro was used to getting his food on the run, between meetings, at social gatherings or after a long day. He was a regular at some of Philadelphia's finer restaurants, and he knew nothing about cooking. Still, he went to Judy Waxman's cooking classes a willing student. Unlike medicine, however, cooking proved an intractable discipline. One night after a difficult day, Sattilaro was in the middle of preparing dinner when the pressure cooker blew up in his face. Shortly thereafter, he accepted Waxman's invitation to eat his meals at Waxman's home.

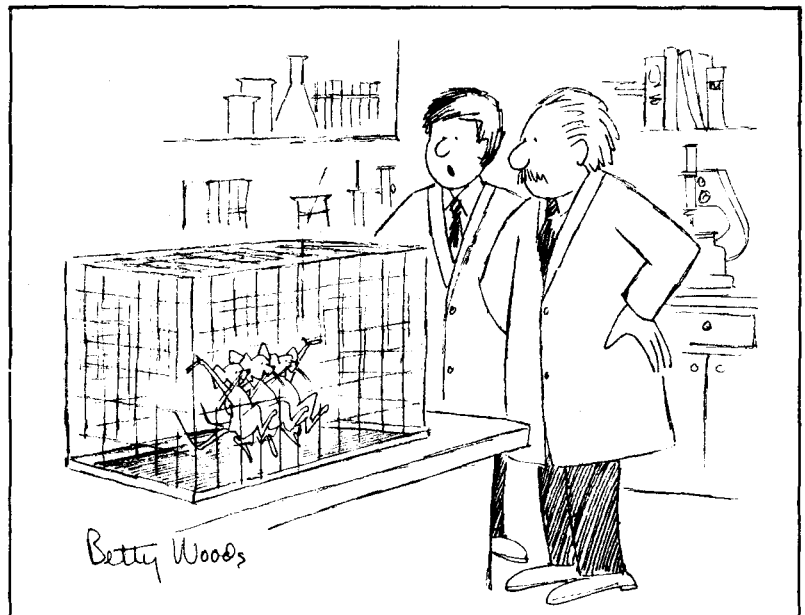
With Sattilaro close at hand, Waxman could watch the physician's progress, which Waxman later termed "rapid."

"Within ten days to two weeks," Sattilaro said, "the majority of the pain disappeared." He stopped the pain medication completely then; however, he continued taking the estrogens.

Despite the fact that he felt better, Sattilaro was still a disbeliever. "When I came to Denny's house," he said, "I thought that this was the biggest bunch of weirdos I'd ever seen. They were all sitting on the dining room floor, ready to eat with chopsticks. Then they started to pray, and I just thought that this was a bunch of crap."

But the pain was gone. He had been living with this pain for three months, a pain so great that the morphine-cocaine-Compazine cocktails he had been taking could not hold it down. Now, suddenly, after eating at Waxman's house for two weeks, the pain was gone. He stayed.

Meanwhile, his colleagues at Methodist Hospital were dubious or outright critical. Giacobbo, who has been Sattilaro's friend for the past 14 years, said, "When Tony first started the macrobiotic diet, people thought it was some kind of far-out idea. Some people at the hospital thought he was a kook. I told him he was crazy. Pretty soon, though, you could see he was improving mentally and physically."



"I think we've had them under observation too long."

In the fall of 1978, Sattilaro had a consultation with Michio Kushi, president of the East West Foundation, who further adjusted his diet. "By December," said Sattilaro, "I started to show some good signs." He was feeling stronger, more confident about the possible outcome. That confidence, however, caused a temporary setback.

After his father's death, Sattilaro had told his mother of his own illness; however, he maintained part of the charade by telling her that his cancer was being controlled by therapy. Later, he told her about macrobiotics and she made sure he got a macrobiotic meal when he visited. At Christmas that year he decided to take his mother south for a vacation, and she assured him that there would be fish on the Autotrain they'd be taking. However, when the waiter told him that there was no fish on board, Sattilaro ordered chicken—and immediately became sick. He came back to Philadelphia shortly after, feeling ill and experiencing severe back pain again, which lasted until after he resumed the diet. From that point on, Sattilaro did not veer from the recommendations Michio Kushi and Waxman had given him.

His condition then began to stabilize. Though he still had not given up the estrogens, the weight they had caused him to gain began to vanish. He dropped down to 136 and eventually climbed back up to his normal 145.

Despite his apparent progress, Sattilaro had admitted to Waxman many times that he was still unconvinced. "There was a great temptation to go off the diet," Sattilaro said. "Everything that I knew in terms of my Western training as a physician argued against continuing to pursue this approach. And yet, what was happening was that I basically had never felt better in my whole life, and it had to be attributed to the way I was eating."

Sattilaro was particularly interested in the sense of well-being he was experiencing; specialists at Methodist informed him, however, that such a state of mind is not normally related to estrogen treatment. Sattilaro concluded that

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this, too, was the result of his diet.

In the normal course of his work, there were social functions he had to attend. For all of these, Sattilaro brought his own food. Whenever he had business in Boston, Chicago, Upstate New York, San Francisco or other distant places, the Philadelphia macrobiotic community would send him off with a suitcase full of rice balls—brown rice wrapped in nori seaweed and temporarily preserved with a salty, pickled plum in the center—and advice about what to eat in restaurants. At catered affairs, while his fellow physicians were biting into filet mignon, Satillaro was eating rice and some vegetables which had been sent with him. "Tony was as faithful to his diet as anyone could be," said Giacobbo. "We went to professional affairs together, and while everybody was eating lobster tail, Tony would be eating his foods."

By the spring of 1979, Sattilaro was feeling even stronger and wanted to determine if, indeed, it was macrobiotics that was behind his rejuvenation. He went to his oncologist and discussed going off the estrogens to see what the physical reaction would be. The cancer specialist flatly refused to be a party to such a move and warned Sattilaro about the potential dangers. Still, Sattilaro was convinced there would be no adverse effects. Moreover, he felt that unless he went off the estrogen treatment, he would never fully recover.

Finally, by June 1, after another consultation with Michio Kushi, Sattilaro decided to go off the estrogens. During the summer, he continued getting stronger with every week and decided in September to have the bone scan and other tests done again.

Four months after he had quit the estrogens and 15 months after starting macrobiotics, the bone scan and gamma camera showed Sattilaro was totally free of cancer.

Today, Tony Sattilaro sits in his well-appointed office smiling contentedly. It has been two years since he was struck down with cancer. His diet has grown a little wider now: He's eating fruit these days and he's grateful for the pleasure it gives his palate. He talks a lot about appreciating the everyday miracles in life—getting up early to see the dawn, the beauty of a cloudy day. When asked if he thinks his recovery was a miracle, Sattilaro says, "Of course it was a miracle. God directed me to pick up Sean McLean and Bill Bochbracher. There's no doubt in my mind that God has been with me every step of the way."

Giacobbo offers a more cautious answer to the same question. "We're taught to believe that miracles can happen, and I believe a miracle is always possible. But in all my years of medicine, I've seen a lot of people die of cancer, and I haven't seen a miracle yet."

Although the details have not been worked out as yet, Sattilaro is attempting to establish a clinic in some way associated with Methodist Hospital that would use diet as a therapy against illness. However, he says there are enormous legal problems when physicians break with established medical practices in treating disease. "If a doctor is sued for malpractice, who is he going to call as an expert witness that the courts will recognize?" he asks. There are also pragmatic pitfalls. "Usually a patient doesn't stay in a hospital any more than three weeks," Sattilaro said. "It took me 15 months to turn my condition around. What are you going to do with the person who, after eating macrobiotics in the hospital, returns home to a loving environment and takes his first bite of roast beef?" He points out that unless there is a system of paramedical people visiting the homes of those who are ill and who are practicing macrobiotics, there will continue to be an immense danger that such a clinic will fail.

What Sattilaro would like to see are controlled experiments done in institutions, where the patients could be closely monitored. "Then what will happen is that our scientific colleagues can repeat these experiments, and we'll begin to develop a data bank that will support using this kind of treatment on a large scale." Sattilaro is already working with several volunteer patients who have various illnesses, including cancer.

When asked if he would refer terminally ill patients to Satillaro to be treated with macrobiotics, Giacobbo said, "Absolutely. I wouldn't hesitate to refer a patient to Tony. He's perfectly credible."

Meanwhile, Sattilaro is attempting to convince his colleagues and working on setting up experiments that will convince the scientific community. However, whatever the results of his labors, Sattilaro is enjoying his days. "I'm alive," he says, "and for me a simple bowl of rice is a feast."

We ask that our readers please not contact Dr. Sattilaro directly, as previous public interest in his story caused a disruption of his duties as administrator of a large hospital. For further information, Dr. Sattilaro suggests you write to:
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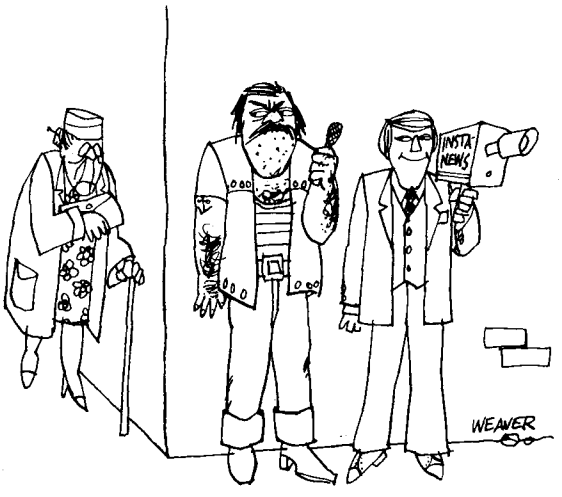

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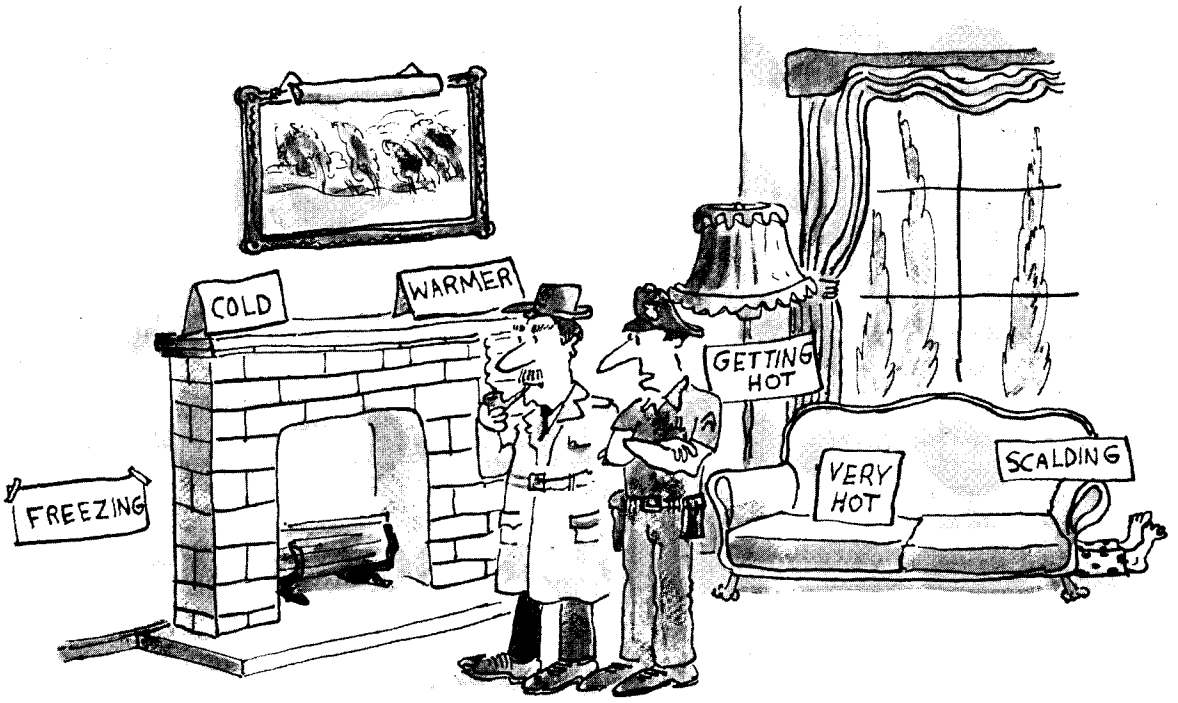

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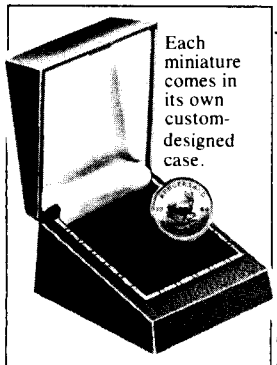

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RELIGION

THE MORNING GOD CALLED

The angel on the telephone said God was on His way—would it be hypocritical to dust the Bibles?

by George Ferré, M.D.

Illustrated by Lucian Lupinski

The toast popped up, the warm odor of freshly brewed coffee filled the room, the morning paper, as yet in the plastic wrapper, lay beside the plate, the freshly squeezed orange juice filled an eight-ounce glass. The phone rang. It was a long time since this early a call.

"Hello and good morning," a cheerful voice, unknown and kind, spoke from the instrument.

"This is one of the angels of God," the voice continued. "I have a message for you. God the Almighty, the Creator of Heaven and Earth, will be at your home in 20 minutes. He will not ring the door bell. He will enter unseen, for no one has ever seen God. But you will know He is there."

The telephone resumed its normal tone.

The toast was not picked up, the coffee cup remained unfilled, the paper was not unfolded.

A spoof, of course. It must be a spoof. God does not come that way, and why should God visit me? And how would I know it was God when He is not visible? George Burns, yes, but he played God. Burns was not God.

Sitting immobile, unable to think clearly, unspecified emotions fill the mind and a disturbed heart fills with fear. Five minutes have passed already.

Living alone, bed not made, vacuuming neglected, dusting forgotten and a bag of laundry on the kitchen floor—a mess, really, in this house and now God is coming.

Does God ask questions when He comes? Yes: Church attendance regular, budget money up to date, wife away with daughter temporarily only, children O.K. Life not the very best. Sorry, God, but there have been slips at times and lots of things to be sorry about. Sorry, too, about the attitude toward charity; more could have been done. There was a lack of love, too, at times. Sorry, God.

A verse comes to mind. "If with all your heart you truly seek me, ye shall truly find me, says our God." It was the *Oratorio Elijah*, beautiful music.

Only eight minutes more. Will God bless this home, disorderly as it is? Is standing or kneeling the proper posture when God enters even though He is invisible? Which way does a person face?

Are the Bibles dusted off? Oh, what a dilemma! Will He see that they were dusted off just for Him? Does that not look like hypocrisy?

Two minutes. Maybe I'd better stand in the middle of the living room. Not even any time left to change clothes.

No sound is heard except the irregular and wild beating of a frightened heart. The time is up. God must be here. "Yes, God, welcome!"

No reply, no movement of any kind, and no sound. The beautiful message of the *Elijah Oratorio* comes back. Has He been sought in this house? Has He been found in this house?

The 20 minutes are up. What happened? Nothing startling, really, but a realization of how often one forgets the presence of God. He is always present. How tragic to forget.

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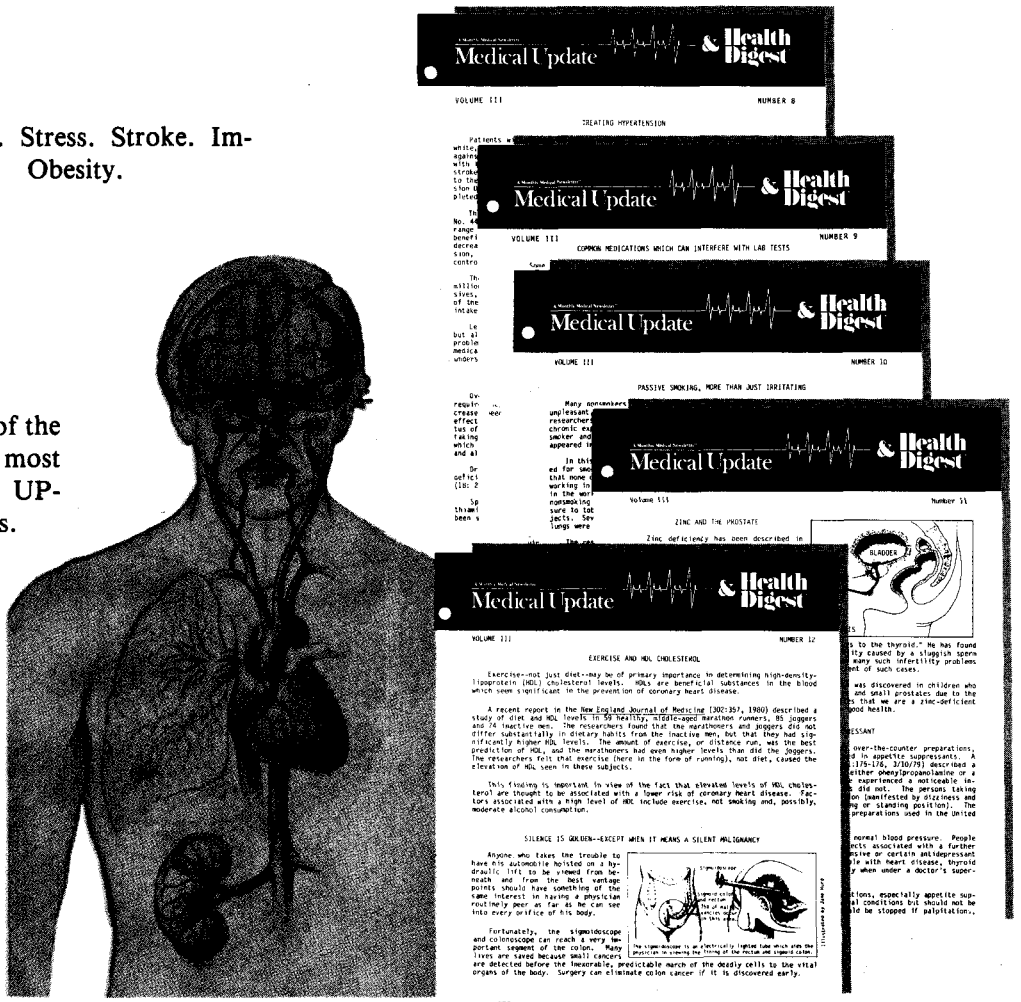

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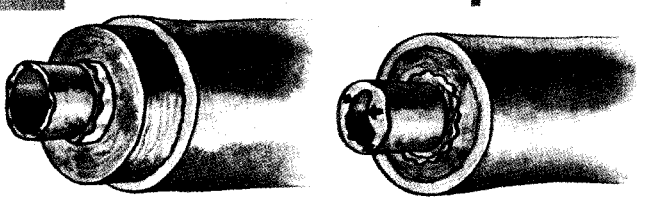

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SHE TURNS DRUDGERY INTO DROLLERY

Erma Bombeck, America's first lady of humor, is as much fun in person as she is in print.

by Pam Hait

Photography by Rod Moyer

Erma Bombeck is the right age for a mid-life crisis, but she hasn't got the time. She's not the type to rest in peace under the epitaph "Overdosed on Iron, Rusted to Death," a condition she discusses in her latest best seller, *Aunt Erma's Cope Book*. At 52, she could agonize over an empty nest because her three children are grown. Instead, she laughs when she speaks of Betsy, 26, Andy, 24, and Matt, 21: "We've still got a lot going on around here. Kids come home...I still take in laundry."

As a public figure she could be overly concerned about the state of her figure. But instead of championing the cause of physical fitness she has made a separate peace. Diets, yes; jogging, no. She attended an exercise class so faithfully that she still automatically bends in time to certain music, but she declines to run. This doesn't faze her husband, Bill, however, who competes in Arizona marathons. She says:

"I think jogging is a wonderful spectator sport."

She has earned the undisputed title of No. 1 female humorist in the country by chronicling the lighter side of American life. It is a perspective that satisfies her:

"I'm not interested in doing political commentary. I'm happy with my rut. The world is full of people with profound things to say. I recognize that not many people can write humor, and there's a lot to be said for making people laugh, especially in the light of one week's worth of world news. Humor can say, 'Yes, there is light at the end of the tunnel.' "

Whether she's gazing over the septic tank or standing knee-deep in cherry pits, Erma Bombeck's acute observations of the human condition cut right to the funny bone.

Underwhelmed by her own success, Bombeck still lists "housewife" under "occupation" on her driver's license. "My career's been no overnight flash; it's gone slowly," she explains as we sit in the living room of her Paradise Valley, Arizona, home. Settled in an apple-green easy chair, she exhibits none of the arrogance, insecurity or frustration of the famous. She says, "Maybe if I lived a glamorous life it would be different, but I work very hard for a living.

"I got *dressed* this morning," she says, looking at her blue slacks and tailored shirt. "Usually I just climb into anything to work." She gestures toward the rear of her Spanish contemporary home: "At 8:30 after I fix breakfast, I head for my rubber room every day. I don't see many people; it's a lonely existence back there. It's Spartan."

Yet in spite of her own assessment, Bombeck is fast becoming a national treasure, a fact she takes easily in stride. She has a keen sense of her worth and agrees she is extremely disciplined when it comes to her writing. Other than that, she says with a sigh: "I'm a lousy role model. I don't even know what I'm having for dinner tonight."

Bill walks in, tall, lean, a runner's delight. They greet each other with the ease of 30 married years, and he retires to his study. Erma smiles, recalling a funny moment: "You know, some years ago Barbara Walters was interviewing me, and in the middle of it she stopped and asked, 'How on earth have you managed to stay married to the same man for so many years?' I can think fast, so I just looked at her and said, 'I'm Catholic.' "

That happens to be true, but the Bombecks have more than a religious faith keeping them together. Despite her fame and travel, Erma Bombeck gives her home and family star billing. She explains her lack of difficulty in balancing career and home:

"Bill's made my career possible beyond my wildest dreams, but I've tried to bend over backwards

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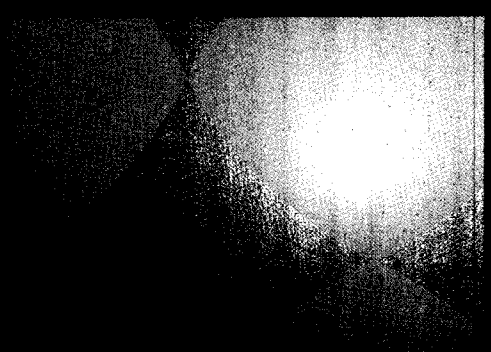
Islamic Fundamentalism on the Move

Driven by a hatred of the Shah and "satanic" Westernization, the Ayatollah Khomeini spearheaded a sweeping move to make his land conform to the Muslim ideal—and the idea is spreading.

by Landrum R. Bolling

Ayatollah Ruhollah Khomeini, to most Westerners, is just about the most improbable—as well as the most impossible—political leader of the 20th century. He had never held a government office before he skyrocketed to prominence in 1978, and, at nearly 80, he was too old to take one. He had no political party and no clear political program. He had no military forces at his disposal, while his enemy, Shah Mohammed Reza Pahlavi, commanded one of the biggest and best-equipped armies between the west coast of Africa and Southeast Asia. The Ayatollah had no money worth talking about, while the Shah either owned personally or had control of billions of dollars from Iran's booming oil industry.

What Khomeini did have was an idea—an old idea. That idea was the unity of religious power and



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He had no political party, no** clear political program, no **military force and no money worth talking** about. But the Ayatollah **Ruhollah Khomeini had an idea welcomed by** the Muslim world: the unity **of religious and political power** in a religion-dominated **Islamic state.

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political power in an unapologetically religion-dominated Islamic state. That is what Iran now has. That is what other Muslim zealots would like to bring to one Islamic country after another.

In Khomeini's case he had something else. He possessed a powerful and bitter hatred of the Shah, feelings which he apparently shared with a few million other Iranians and which he orchestrated brilliantly. Moreover, he was driven by a personal determination to root out numerous manifestations of Westernization and to remake his society according to a strict version of the Islamic ideal, an ambition he holds in common with many other Islamic leaders not yet so prominent and powerful.

Whether and to what extent the Khomeini revolution will succeed and spread, it is too early to tell, but two things are clear: First, great masses of the Iranian people have given themselves enthusiastically to his cause. Second, he is a commanding symbol throughout the Muslim world. His Islamic fundamentalist ideas are echoed in country after country, among hundreds of millions of Muslims who had nothing to do with the Shah one way or the other, never saw Iran and never will.

Is the Ayatollah trying to turn his country and other Muslim lands back to the Dark Ages? That is what some alarmed Western observers have declared. It is not that simple.

Islam, like other great religions, has had recurring periods of revivalism, interrupted by periods of quietism, decline and decay. The Muslim religion is now, evidently, entering another period of revival and renewal—and of assorted challenges to its non-Islamic neighbors. The bearded elderly Imam, whom the Shah drove into exile for 15 years, first in Iraq and then in France, has become the most highly visible spearhead of Islamic revivalism but by no means its sole spokesman. This is a many-faceted movement, with many different leaders and varying objectives. Khomeini did not start it and his passing will not stop it. Islamic revivalism knows no national boundaries and may erupt anywhere in the Muslim world. We have to live with it. It is even possible, also, that we can get over being so puzzled and befuddled by it as we sometimes have been in the past few years.

Love/Hate and Acceptance/Rejection Attitudes Toward the West

At the bottom of the Khomeini revolution in Iran and of the spreading Islamic revivalism across the Muslim world is a complex set of emotional reactions toward those Western influences that have penetrated their institutions and affected their daily lives: rock-'n'-roll music blaring from millions of transistor radios and tape recorders; hip-hugging blue jeans showing off the curves of Muslim daughters whose mothers are still shrouded in their long, flowing *chadors*; spreading use of alcohol among the men, to whom such drink is strictly forbidden; pornographic magazines and books filtering into university campuses and into Muslim homes. These are some of the horrible examples, to many devout followers of the Prophet Mohammed, of what Khomeini has called the "satanic" influence of the United States. These are labeled by the Imam and his more intense followers as "natural by-products" of Westernization.

Changing patterns of personal behavior are having a profoundly troubling impact upon conservative and traditional societies throughout the Muslim world, particularly among the older generation, rural people and those of limited education and minimal contacts with Westerners. Yet much of the driving force behind Islamic revivalism is today coming from university students in the urban centers, something that a few years ago would have been considered impossible. Why?

The truth is that what is happening in the Islamic world is a protest not only against Western life styles but also against Western political influence, Western economic power and the failed hopes of the masses who expected too many benefits too soon from Western-inspired industrialization and the migration from rural areas to the cities. Urbanization and industrialization, symbols of the West-

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Muslim zealots seem determined to root out the manifestations of Westernization: girls assuming the roles of men; daughters in skirts and hip-hugging jeans instead of the traditional long, flowing* chadors*; the absence of the decorous veil for covering the face.

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[illegible] for "progress," did not [illegible] the way many people had [illegible] expect. Overcrowding in [illegible] apartments and shantytown [illegible] traffic jams and air pollu[illegible] food shortages, soaring infla[illegible] low wages, plus a detribal[illegible] sense of rootlessness—all of [illegible] experiences turned many people sour toward many of the [illegible] they identified with the West. They also became enraged [illegible] some of their own people who were most involved as the [illegible] of Westernization and [illegible] seemed to profit, at times cor[illegible] from the Western-style de[illegible]opments.

[illegible] the people who have be[illegible] particularly embittered are [illegible] high school and university students, from the ranks of whom [illegible] are traditionally drawn in [illegible] all revolutions. That so [illegible] of them would attach them[illegible] to a religious revivalism [illegible] instead of to commu[illegible] or some other leftist political [illegible] has been to outside observ[illegible] a bit of a puzzle. We have long been accustomed to seeing anti-[illegible] and anti-American atti[illegible] turned into pro-communism. [illegible] to think of that as the [illegible] response. It isn't. Some [illegible] Muslims have indeed become communists: in Egypt, Syria, Iran, Iraq, Algeria—and, who knows, maybe even in Saudi Arabia. But they have always been relatively few in number and very limited in influence—even when their governments, as in Syria and Iraq, have had close economic and military ties with the Soviet Union. Communists, no doubt, attempt to infiltrate and influence the Islamic revival movement whenever and wherever they can. Particularly, they can be counted on to inflame anti-American passions at every opportunity. Yet, the sad fact is that a lot of the discontent that people in Islamic countries feel toward their own situation they relate to changes brought upon them through their contacts with outsiders from the West. Moreover, many tend to be especially angry with their own people who they think have been too much caught up in the ways of the West and who have gained the greatest economic advantages from their contacts with the West. The point of all this is that in the Muslim countries, as in many other parts of the developing world, you don't have to be pro-communist to be anti-Western; you don't have to be pro-Soviet to be anti-American.

Yet, for all the denunciation the Islamic fundamentalists may level against the West and its assorted ways of life, it remains evident that they, too, are "hooked" on the material products of Western industrial development: automobiles, refrigerators, TV sets, transistor radios and lots, lots more besides. Indeed, it is a curious fact that the Khomeini revolution was carried out largely through his effective use of three modern developments in communication technology: 1) the tape cassette—he sent hundreds of them with his messages back to Iran from his exile in France to be played on tape machines in the mosques and over underground radio stations; 2) the direct-dial long distance telephone—which he used extensively to keep in touch with his followers; and 3) the photo-copying machines, without which no office can function today, whatever the ideology behind it.

In short, there is both fear of the West and attraction to it, both disdain for its products and desire for more of them.

The Long History of Islamic Struggle Against the West

The violent, angry militancy of the young Iranians who seized the American embassy staff as hostages in Teheran has been focused on a very contemporary condition: their hatred of the Shah and of the United States as his long-time ally and supporter. Much of the recent Muslim denunciation of the West has had to do with a mounting rejection of current Western dress, music and social behavior said to be corrupting of Islamic values. Yet the struggle of the Islamic world against the West has far deeper roots than can be explained by the chants, the slogans and the banners of today's anti-American demonstrations. There is a long, long history behind the present resurgence of Islam and its conflict

Continued on page 98

The "House of Strength" in Teheran provides physical expression for the driving force behind today's Islamic revivalism.

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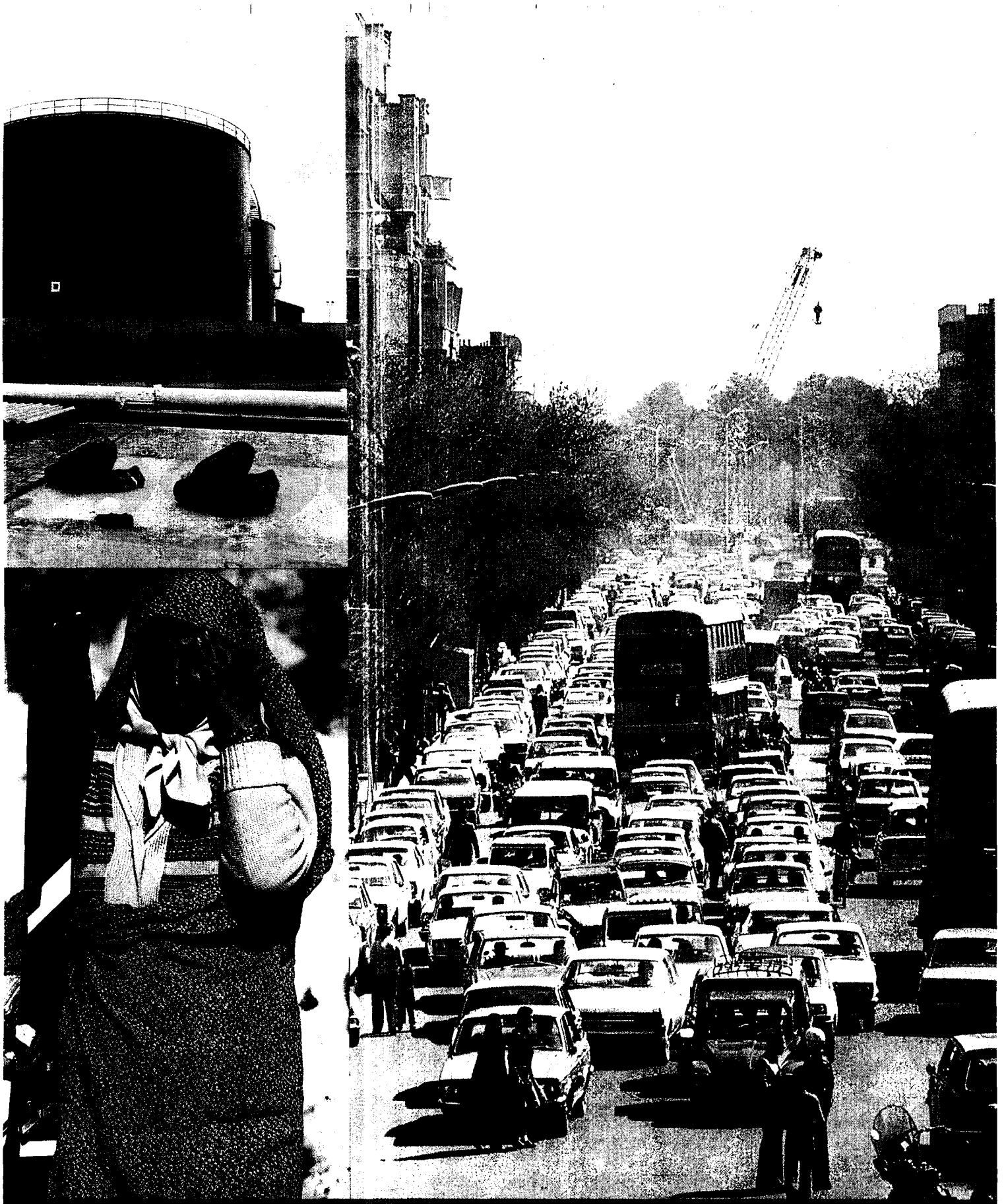

Urbanization and industrialization—symbols of the Western formula for "progress"—turned into traffic jams, air pollution, food shortages, soaring inflation, overcrowding in city apartments, shantytown slums and a detribalized sense of rootlessness.

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JEEVES AND THE HARD-BOILED EGG

The best-laid plans of mice and men—including those of our man's man Jeeves—oftentimes go awry. But leave it to our indomitable Jeeves to get those plans cooking again.

by P. G. Wodehouse

Illustrated by Phil Smith

Sometimes of a morning, as I've sat in bed sucking down the early cup of tea and watched my man Jeeves flitting about the room and putting out the raiment for the day, I've wondered what the deuce I should do if the fellow ever took it into his head to leave me. It's not so bad now I'm in New York, but in London the anxiety was frightful. There used to be all sorts of attempts on the part of low blighters to sneak him away from me. Young Reggie Foljambe to my certain knowledge offered him double what I was giving him, and Alistair Bingham-Reeves, who's got a valet who had been known to press his trousers sideways, used to look at him, when he came to see me, with a kind of glittering, hungry eye which disturbed me deucedly. Bally pirates!

The thing, you see, is that Jeeves is so dashed competent. You can spot it even in the way he shoves studs into a shirt.

I rely on him absolutely in every crisis, and he never lets me down. And, what's more, he can always be counted on to extend himself on behalf of any pal of mine who happens to be to all appearances knee-deep in the bouillon. Take the rather rummy case, for instance, of dear old Bicky and his uncle, the hard-boiled egg.

It happened after I had been in America for a few months. I got back to the apartment latish one night, and when Jeeves brought me the final highball he said:

"Mr. Bickersteth called to see you this evening, sir, while you were out."

"Oh?" I said.

"Twice, sir. He appeared a trifle agitated."

"What, pipped?"

"He gave that impression, sir."

I sipped the highball. I was sorry if Bicky was in trouble, but, as a matter of fact, I was rather glad to have something I could discuss freely with Jeeves just then, because things had been a bit strained between us for some time, and it had been rather difficult to hit on anything to talk about that wasn't apt to take a personal turn. You see, I had decided—rightly or wrongly—to grow a mustache, and this had cut Jeeves to the quick. He couldn't stick the thing at any price, and I had been living ever since in an atmosphere of bally disapproval till I was getting jolly well fed up with it. What I mean is, while there's no doubt that in certain matters of dress Jeeves' judgment is absolutely sound and should be followed, it seemed to me that it was getting a bit too thick if he was going to edit my face as well as my costume. No one can call me an unreasonable chappie, and many's the time I've given in like a lamb when Jeeves has voted against one of my pet suits or ties; but when it comes to a valet's staking out a claim on your upper lip, you've simply got to have a bit of the good old bulldog pluck and defy the blighter.

"He said that he would call again later, sir."

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I took to Bicky when I found that he was an Englishman, and he further endeared himself to me by a gifted imitation of a bull terrier chasing a cat up a tree.

"Something must be up, Jeeves."

"Yes, sir."

I gave the mustache a thoughtful twirl. It seemed to hurt Jeeves a good deal, so I chucked it.

"I see by the paper, sir, that Mr. Bickersteth's uncle is arriving on the *Carmantic*."

"Yes?"

"His Grace the Duke of Chiswick, sir."

This was news to me, that Bicky's uncle was a duke. Rum, how little one knows about one's pals! I had met Bicky for the first time at a species of beano or jamboree down in Washington Square, not long after my arrival in New York. I suppose I was a bit homesick at the time, and I rather took to Bicky when I found that he was an Englishman and had, in fact, been up at Oxford with me. Besides, he was a frightful chump, so we naturally drifted together; and while we were taking a quiet snort in a corner that wasn't all cluttered up with artists and sculptors and whatnot, he furthermore endeared himself to me by a most extraordinarily

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gifted imitation of a bull terrier chasing a cat up a tree. But, though we had subsequently become extremely pally, all I really knew about him was that he was generally hard up and had an uncle who relieved the strain a bit from time to time by sending him monthly remittances.

"If the Duke of Chiswick is his uncle," I said, "why hasn't he a title? Why isn't he Lord What-Not?"

"Mr. Bickersteth is the son of His Grace's late sister, sir, who married Captain Rollo Bickersteth of the Coldstream Guards."

Jeeves knows everything.

"Is Mr. Bickersteth's father dead, too?"

"Yes, sir."

"Leave any money?"

"No, sir."

I began to understand why poor old Bicky was always more or less on the rocks. To the casual and irreflective observer, if you know what I mean, it may sound a pretty good wheeze having a duke for an uncle, but the trouble about old Chiswick was that, though an extremely wealthy old buster, owning half of London and about five counties up north, he was notoriously the most prudent spender in England. He was what American chappies would call a hard-boiled egg. If Bicky's people hadn't left him anything and he depended on what he could prize out of the old duke, he was in a pretty bad way. Not that that explained why he was hunting me like this, because he was a chap who never borrowed money. He said he wanted to keep his pals, so never bit anyone's ear on principle.

At this juncture the doorbell rang. Jeeves floated out to answer it.

"Yes, sir. Mr. Wooster has just returned," I heard him say. And Bicky came trickling in, looking pretty sorry for himself.

"Hullo, Bicky!" I said. "Jeeves told me you had been trying to get me. Jeeves, bring another glass, and let the revels commence. What's the trouble, Bicky?"

"I'm in a hole, Bertie. I want your advice."

"Say on, old lad!"

"My uncle's turning up tomorrow, Bertie."

"So Jeeves told me."

"The Duke of Chiswick, you know."

"So Jeeves told me."

Bicky seemed a bit surprised.

"Jeeves seems to know everything."

"Rather rummily, that's exactly what I was thinking just now myself."

"Well, I wish," said Bicky gloomily, "that he knew a way to get me out of the hole I'm in."

Jeeves shimmered in with the glass, and stuck it competently on the table.

"Mr. Bickersteth is in a bit of a hole, Jeeves," I said, "and wants you to rally round."

"Very good, sir."

Bicky looked a bit doubtful.

"Well, of course, you know, Bertie, this thing is by way of being a bit private and all that!"

"I shouldn't worry about that, old top. I bet Jeeves knows all about it already. Don't you, Jeeves?"

"Yes, sir."

"Eh?" said Bicky, rattled.

"I am open to correction, sir, but is not your dilemma due to the fact that you are at a loss to explain to His Grace why you are in New York instead of in Colorado?"

Bicky rocked like a jelly in a high wind.

"How the deuce do you know anything about it?"

"I chanced to meet His Grace's butler before we left England. He informed me that he happened to overhear His Grace speaking to you on the matter, sir, as he passed the library door."

Bicky gave a hollow sort of laugh.

"Well, as everybody seems to know all about it, there's no need to try to keep it dark. The old boy turfed me out, Bertie, because he said I was a brainless nincompoop. The idea was that he would give me a remittance on condition that I dashed out to some blighted locality of the name of Colorado and learned

Jeeves opened the front door, and the old boy crawled in, looking licked to a splinter.

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farming or ranching, or whatever they call it, at some bally ranch or farm or whatever it's called. I didn't fancy the idea a bit. I should have had to ride horses and pursue cows, and so forth. I hate horses. They bite at you. I was all against the scheme. At the same time, don't you know, I had to have that remittance."

"I get you absolutely, dear boy."

"Well, when I got to New York it looked a decent sort of place to me, so I thought it would be a pretty sound notion to stop here. So I cabled to my uncle telling him that I had dropped into a good business wheeze in the city and wanted to chuck the ranch idea. He wrote back that it was all right, and here I've been ever since. He thinks I'm doing well at something or other downtown. I never dreamed, don't you know, that he would ever come out here. What on earth am I to do?"

"Jeeves," I said, "what on earth is Mr. Bickersteth to do?"

"You see," said Bicky, "I had a wireless from him to say that he was coming to stay with me—to save hotel bills, I suppose. I've always given him the impression that I was living in pretty good style. I can't have him to stay at my boardinghouse."

"Thought of anything, Jeeves?" I said.

"To what extent, sir, if the question is not a delicate one, are you prepared to assist Mr. Bickersteth?"

"I'll do anything I can for you, of course, Bicky, old man."

"Then, if I might make the suggestion, sir, you might lend Mr. Bickersteth——"

"No, by Jove!" said Bicky firmly. "I never have touched you, Bertie, and I'm not going to start now. I may be a chump, but it's my boast that I don't owe a penny to a single soul—not counting tradesmen, of course."

"I was about to suggest, sir, that you might lend Mr. Bickersteth this apartment. Mr. Bickersteth could give His Grace the impression that he was the owner of it. With your permission, I could convey the notion that I was in Mr. Bickersteth's employment and not in yours. You would be residing here temporarily as Mr. Bickersteth's guest. His Grace would occupy the second spare bedroom. I fancy that you would find this answer satisfactory, sir."

Bicky had stopped rocking himself and was staring at Jeeves in an awed sort of way.

"I would advocate the dispatching of a wireless message to His Grace on board the vessel, notifying him of the change of address. Mr. Bickersteth could meet His Grace at the dock and proceed directly here. Will that meet the situation, sir?"

"Absolutely."

"Thank you, sir."

Bicky followed him with his eye until the door had closed behind him.

"How does he do it, Bertie?" he said. "I'll tell you what I think it is. I believe it's something to do with the shape of his head. Have you ever noticed his head, Bertie, old man? It sort of sticks out at the back!"

I hopped out of bed pretty early next morning, so as to be among those present when the old boy should arrive. I knew from experience that these ocean liners fetch up at the dock at a deucedly ungodly hour. It wasn't much after nine by the time I'd dressed and had my morning tea and was leaning out of the window, watching the street for Bicky and his uncle. It was one of those jolly, peaceful mornings that make a chappie wish he'd got a soul or something, and I was just brooding on life in general when I became aware of the dickens of a spat in progress down below. A taxi had driven up, and an old boy in a top hat had got out and was kicking up a frightful row about the fare. As far as I could make out, he was trying to get the cab chappie to switch from New York to London prices, and the cab chappie had apparently never heard of London before and didn't seem to think a lot of it now. The old boy said that in London the trip would have set him back eight pence; and the cabby said he should worry. I called to Jeeves.

"The duke has arrived, Jeeves."

"Yes, sir?"

"That'll be him at the door now."

Jeeves made a long arm and opened the front door, and the old boy crawled in, looking licked to a splinter.

It may sound a pretty good wheeze having a duke for an uncle, but old Chiswick was notoriously the most prudent spender in all England.

"How do you do, sir?" I said, bustling up and being the ray of sunshine. "Your nephew went down to the dock to meet you, but you must have missed him. My name's Wooster, don't you know. Great pal of Bicky's, and all that sort of thing. I'm staying with him, you know. Would you like a cup of tea? Jeeves, bring a cup of tea."

Old Chiswick had sunk into an armchair and was looking about the room.

"Does this luxurious flat belong to my nephew Francis?"

"Absolutely."

"It must be terribly expensive."

"Pretty well, of course. Everything costs a lot over here, you know."

He moaned. Jeeves filtered in with the tea. Old Chiswick took a stab at it to restore his tissues, and nodded.

"A terrible country, Mr. Wooster! A terrible country! Nearly eight shillings for a short cab drive! Iniquitous!" He took another look round the room. It seemed to fascinate him. "Have you any idea how much my nephew pays for this flat, Mr. Wooster?"

"About $200 a month, I believe."

"What! Forty pounds a month!"

I began to see that, unless I made the thing a bit more plausible, the scheme might turn out a frost. I could guess what the old boy was thinking. He was trying to square all this prosperity with what he knew of poor old Bicky. And one had to admit that it took a lot

Continued on page 126

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MICHAEL LANDON: BIG MAN IN A "LITTLE HOUSE"

In "Bonanza" he grudgingly spoke dialogue as it was written, rode horses as directed. Today Michael Landon writes his own script, does his own directing—and rides herd on the entire "Little House on the Prairie" production.

by Lisa Mitchell

There are elements that people call character traits—integrity, sound values, kindness, generosity. On other sets, in other studios, everyone talks about the Christmas gifts Michael Landon gives to 120 members of his company every year: color television sets, stereo systems, $500 gold coins—and last year's wine-and-cheese-filled copper buckets with the $900 Swiss gold watches as surprises at the bottom. To 120 individuals.

"People not only *like* the man," a long-time associate tells me. "They *adore* him!"

The first time I met Michael Landon on the "Little House on the Prairie" set at MGM, he was standing around between shots describing some of the practical jokes he and Dan Blocker used to pull during the old "Bonanza" days. He draws you into the tales beyond his words by reaching out to put a hand on your hand, a hand on your arm. He touches a lot. Men, women, children, Johnny Carson when he's on the "Tonight" show. Everyone. He is a *connecting* person.

But it is not easy to interview him. It is not, for example, easy to read your notes when your mascara keeps running into your eyes because he keeps you laughing so much. You also want to keep excusing yourself to go and fix what that streaked mascara is probably doing to your face, because that warmth that comes across as television's Charles Ingalls on Monday nights becomes something decidedly more electric, more sensual, through Landon's own intelligence and potent eye contact. I recall a friend who worked on the show for months saying that she and the other women around the set found that he repeatedly kept appearing in their dreams.

Michael Landon, executive producer, star and sometimes director and writer, bases many of the "Little House" episodes on scenes from the house of 35 rooms where his family lives.

He will be 44 on October 31, but the gray hair of his younger "Bonanza" self is now nowhere in sight. "Well, honey, haven't you ever heard of Clairol's Medium Ash Brown? I just whip that in. I was gray when I was 20 and got progressively grayer. On 'Bonanza' it didn't really matter. After killing off all your neighbors, you'd have a little gray hair, too. But at the beginning of this show, Charles Ingalls had two little kids and was a fairly young father."

He seems taller in person and more the romantic lead than a father figure. Yet spending only a little time around him as he directs 15-year-old Melissa Gilbert as Laura—calling her "Sweetheart," "Sugar," "Kitten"—hearing just a little about the guidance he has provided both the children and adults who work for him, refocuses him in the light of benevolent, protective padrone.

Even if he weren't in a business where everyone is assumed to look out for just himself, you would think the all-consuming involvement of being the show's producer, director, writer and star would prevent his having an interest and involvement in other people's lives. Not Landon, who goes out of his way to see that those around him can move up, can become all they can be. He gives an assistant director the life-changing opportunity to direct, sees that a stand-in who wants to get into the make-up union gets in, and when a women's costumer comes to him with a story idea for a "Little House" segment, he helps her

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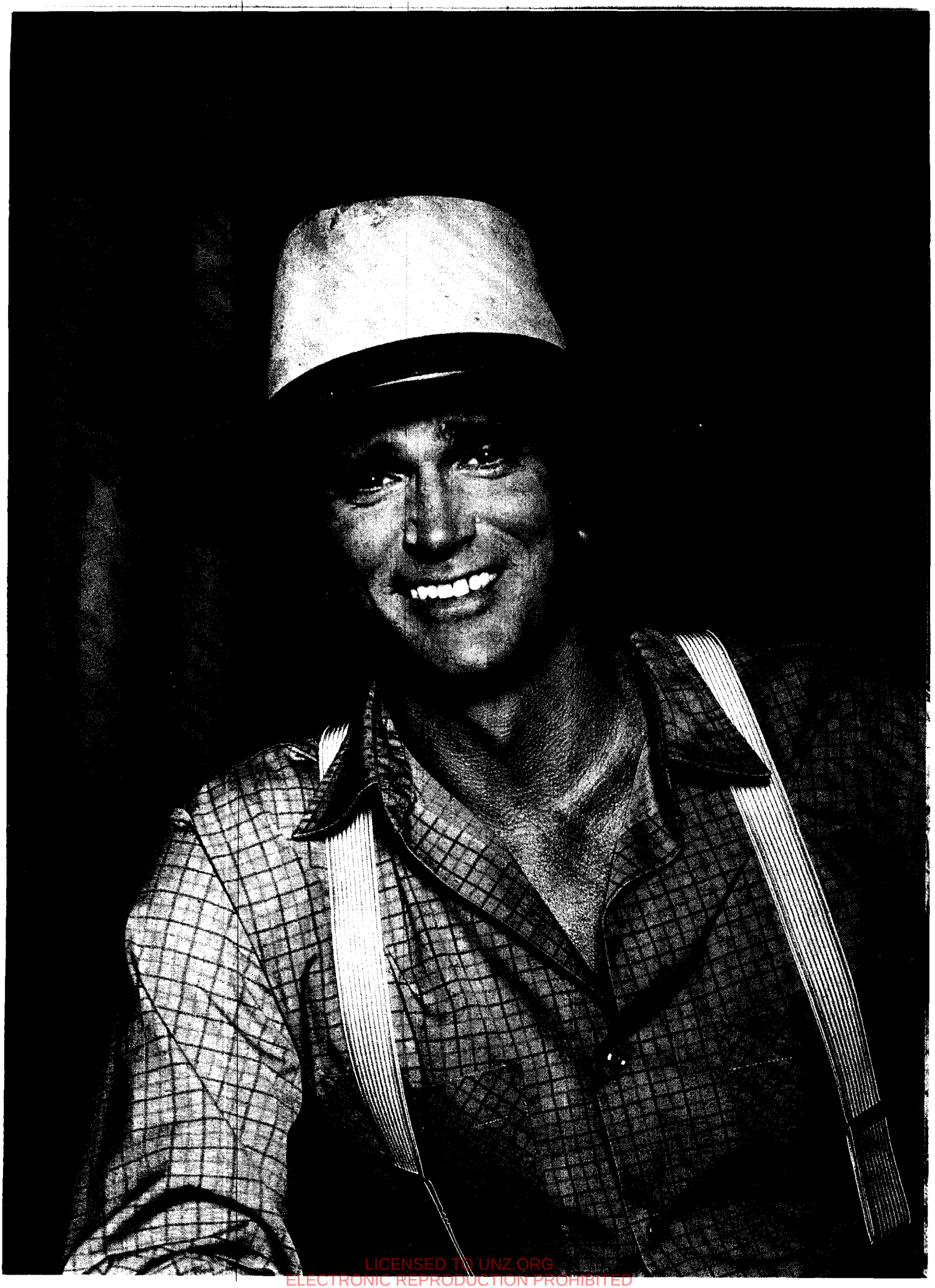

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write it, buys it from her, gives her writer's screen credit. When 17-year-old Melissa Sue Anderson—Mary Ingalls Kendall—expressed an interest in directing two years ago, Landon started taking her aside between set-ups, familiarizing her with which lens he was using or how he was cutting a scene. Clearly, Landon does not forget much about his own background or the experiences and emotions that shaped his life. Wherever, whenever he can, he tries to pass on some of the gifts he was given, tries to alleviate for others some of the pains he knew.

Perhaps the most rewarding translation of this was in getting his highly autobiographical movie, "The Loneliest Runner," on TV in 1977. It dealt with the problems and misconceptions about bedwetting, and he had struggled for years to get it made. (Before succeeding, he had commented: "There are 20 million bed-wetters in this country. Out of the network executives who turn off when you mention the subject, two out of five were bed-wetters themselves.") As a child, Landon had suffered unmercifully—and unnecessarily—because of the way the situation was treated. "I had to sleep all curled up in a baby bed because my mother wouldn't buy a new bed until I got over the bedwetting." Like the boy in the movie, he became a remarkably swift runner by trying to race home from school to take in the sheets his mother hung from the windows before the other kids would see them.

Michael Landon was born Eugene Maurice Orowitz in Forest Hills, New York, and grew up in Collingswood, New Jersey. His proficiency at running made him a track star at Collingswood High, and, in 1954, he won the national high school javelin championship, which earned him a scholarship to the University of Southern California. A torn ligament curtailed his athletic career and he went to work in factories. He unloaded freight, he washed cars. When a fellow employee at a warehouse who was an aspiring actor asked Landon to read with him at an audition, it led to Landon's acceptance in the Warner Brothers acting school.

He got small parts in a few films, did *Tea and Sympathy* at The Player's Ring Theatre in West Hollywood and starred in the 1958 film, *I Was a Teen-age Werewolf.* He appeared in such prestigious live television dramatic showcases as "Playhouse 90" and "Studio One." But it was a "Restless Gun" episode that brought him to the attention of "Bonanza" producer, David Dortort, who cast him as Little Joe.

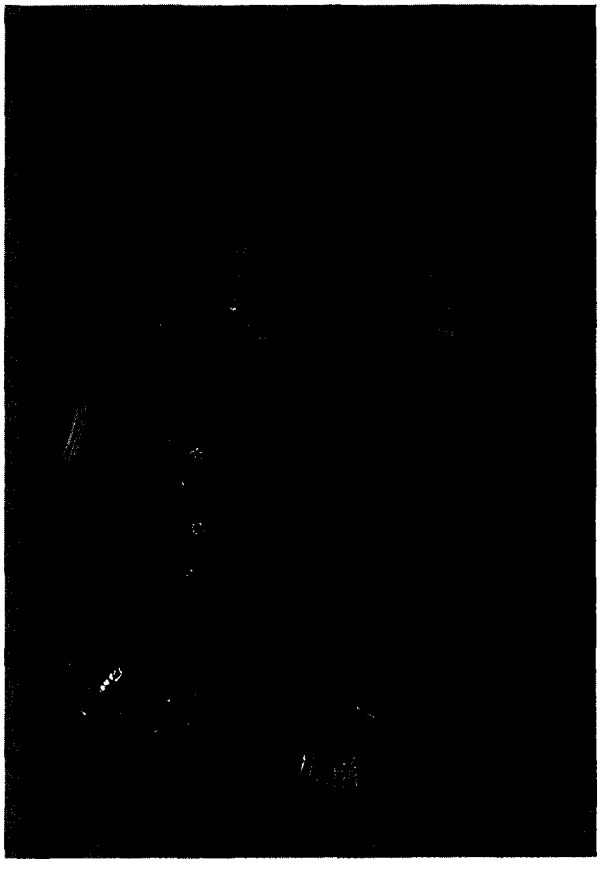
He was not exactly a stranger in a strange land. He had been on the stage for the first time back in New Jersey when he was 13 in a play called *The Bat*—in which he played a Japanese houseboy—and had been around the fringes of show business since he was born.

His mother had been a singer named, like the popular song, Peggy O'Neill. His father, Eli Maurice Orowitz—or just "EMO," as he was also known—went from job to job: a press agent, movie commentator for a local radio station, theatre manager. Landon remarked once in an interview: "I'll never forget the crushed look on my father's face when he came to Los Angeles and went to visit some of his movie star 'friends' at Paramount—and they wouldn't even let him in at the gate. Maybe I'm the way I am because I never wanted anything like that to happen to *me.*"

In the early "Bonanza" days, he just did what he was hired to do. Said the lines. Rode the horses. But after a while, he began fighting for more believable dialogue and, unhappy over the quality of the scripts being shot, started writing some of his own. During these years, he was called "abrasive," about which he says today: "To a lot of people, if you're an actor, what you're supposed to do is go in and say all the dialogue, even if it really stinks. Even if it's really awful, just say it. You shouldn't know whether it's good or bad because someone far more intelligent than you did it who was a writer. Well, the fact of the matter is, there is a lot of lousy dialogue. And 'abrasiveness' to some people would simply be that I didn't agree and I wanted to argue about it."

While other actors might have taken off for pleasure spas over the weekends, Landon stayed home and wrote scripts. Other actors might have gone back to their dressing rooms to nap between set-ups or might have sat around playing cards on the set between shots, but Landon became an insatiable apprentice and went around asking technical questions of directors, cameramen and the crew.

Ted Voightlander, the Emmy award-winning cinematographer of "Little House" who was Landon's photographic mentor on "Bonanza," remembers how "writing stirred up other little things in Mike's system.



Kodak commercials are not all that the Landons share. She has a daughter from a former marriage, he has two adopted sons, and they are the impartial parents of two boys and two girls.

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Gramps at the Reins

1980 SEP

Figurine above shown actual size.

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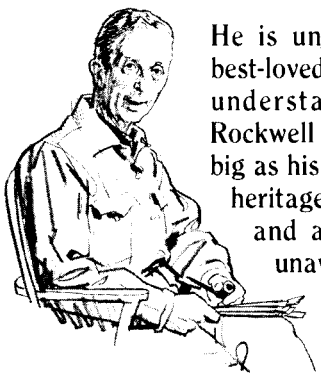

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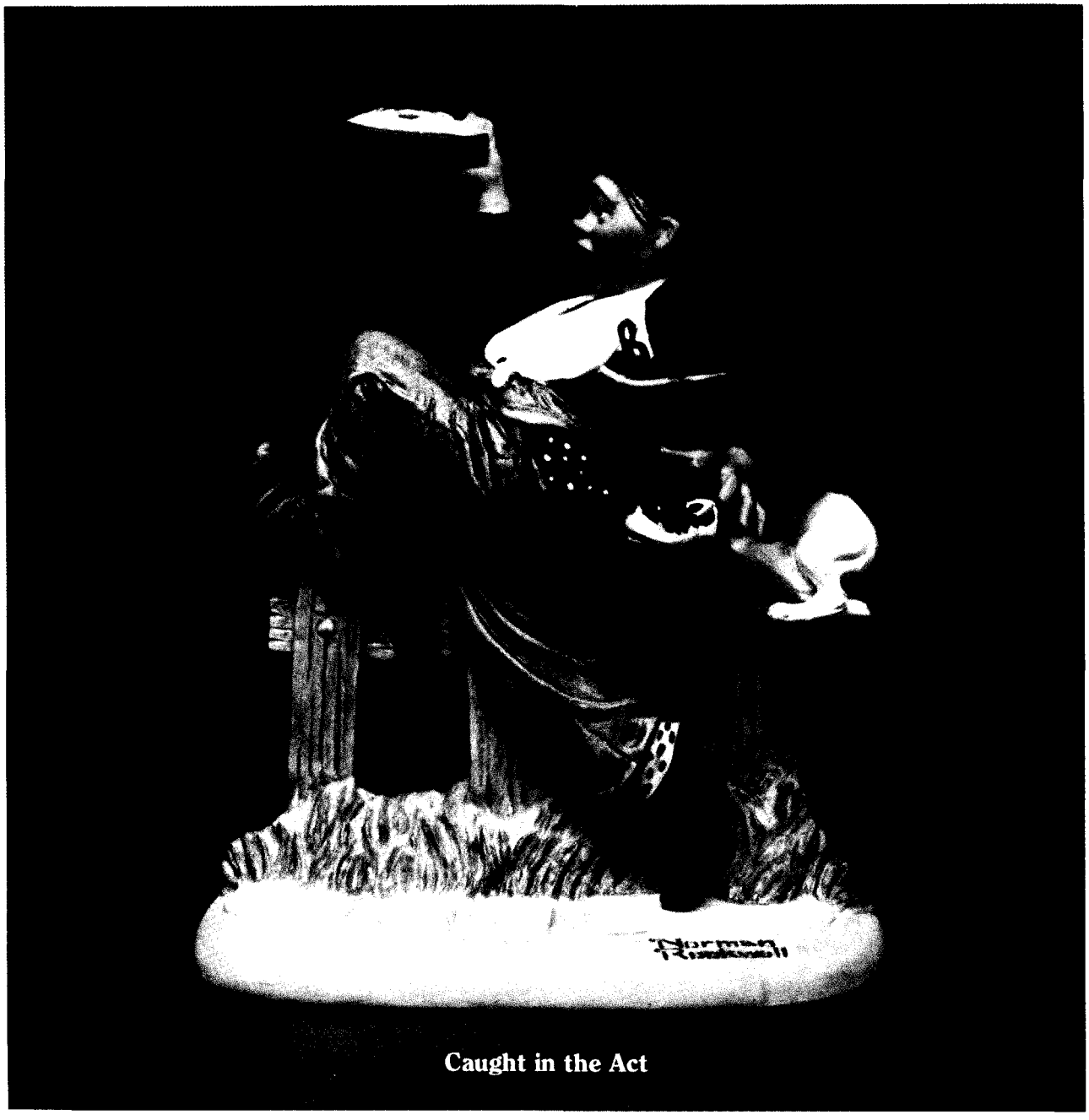

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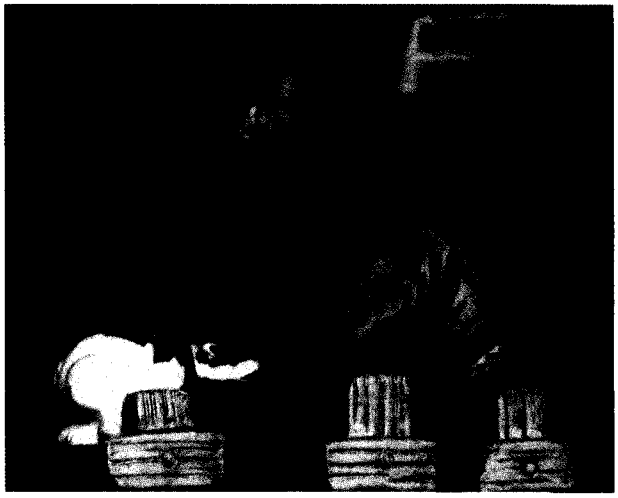

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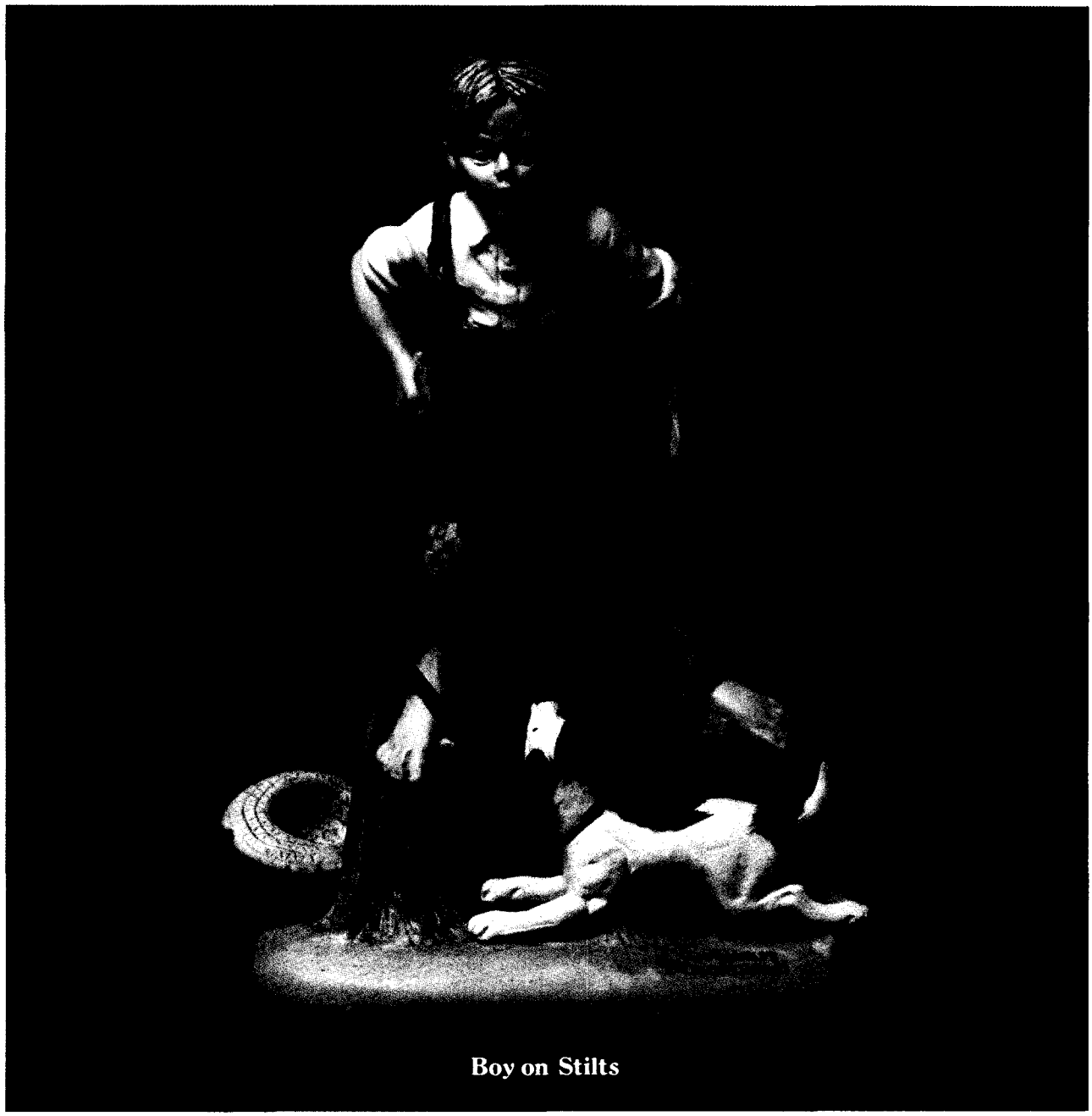

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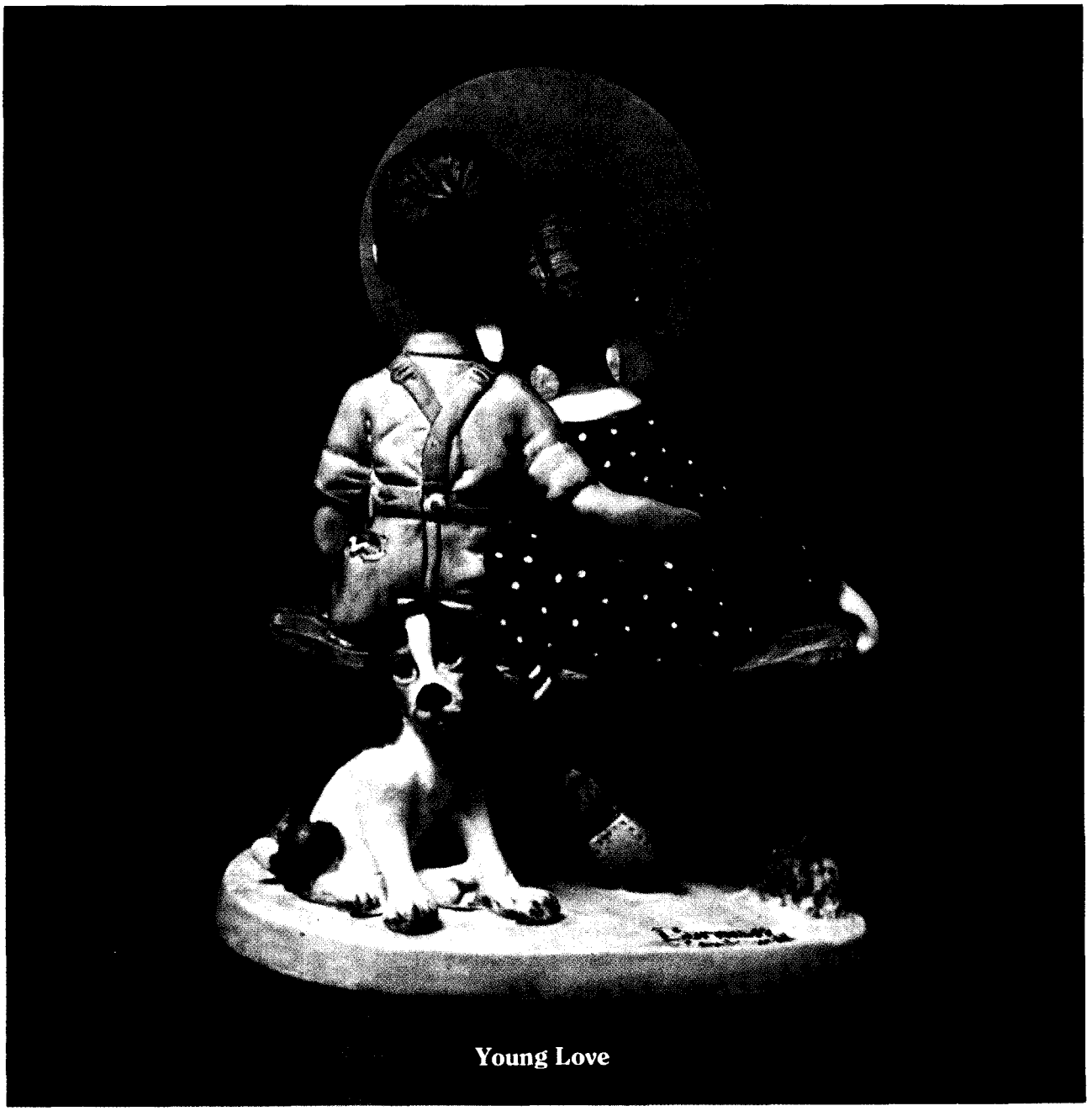

Figurine above shown slightly smaller than actual size of 5⅞″ in height.

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He started asking questions about lenses. Very bright questions . . . So I made the 'mistake' of giving him, kind of as a gag, a copy of the American Society of Cinematographers handbook—that's our bible. Well, I come in one day and there he is saying, 'Teddy, let's put on a 50; let's do this, let's do that.' 'You've read the book! Page 47, right?' 'Right!' That kind of thing. Actually, he caught on so fast! Many writers can 'see' things that maybe you can't photograph. Well, after getting to know the camera and lenses, Mike can write things that you can actually *do*.

"The man knows so much now, knows what *everybody* does, he could take over the whole picture. I'm very lucky he's made me a part of the thing. Working with him is like playing with a good golfer: The way he does it, you want to do *your* best. Has he changed much since those 'Bonanza' days? Just become more mature, more acquainted with more facets of the business, such as editing. The love that was there from the beginning still exists. If he were a girl, I'd marry him."

After Landon began writing some "Bonanza" episodes, it was not long before he was directing them, about which Lorne Greene said in 1972: "I've seen him grow from a lad to a man. I have seen the man mature into an artist. No finer director exists in this business. . . . "

Landon's salary had risen to a reported $15,000 a week. By the time "Bonanza" ended in December of 1972, he was in a position to turn down the offers with which he was deluged to do other series of every conceivable description. He wrote and directed a few television movie specials, but did not commit to any long-term involvement until the idea of a series based on Laura Ingalls Wilder's saga of "The Little House on the Prairie" was brought to him in 1974.

At the time, Landon said that his enthusiasm for the project was heightened by coming home and finding his then 12-year-old daughter, Leslie Ann, engrossed in the Wilder books. "Then I discovered that my wife, Lynn, had devoured them when she was a girl and was reading them again. I thought, 'How wonderful if parents and children can watch this series together —and maybe it would start the kids *reading* the books after seeing the episodes on television. Imagine a TV show that would make kids *read*.' "

Two of the reasons Michael Landon looks youthful at 43: hard work and exercise. Competing in a tennis tournament with his peers, such as tennis buff Johnny Carson, is one of his favorite means of staying trim.

If the fictional Walnut Grove seems more authentic than most television communities, it may be because of a certain actual permanence. The entire Stage 15, where all interiors are shot, accommodates only "Little House." Sets for the insides of the Ingalls' home or the schoolhouse, say, are not going to be struck next week because some other company is coming in to build on their spots. About 50 miles northwest of Los Angeles in the Simi Valley, Walnut Grove and its environs actually exist. That is, the outsides of the buildings familiar to viewers have been built to stand the year round. All of the exteriors are shot here and every building is an exact replica of one that actually existed in frontier Minnesota of the 1870s.

When Landon wants especially exquisite nature backgrounds, off the company goes on location shoots—six weeks out of the year, making two to four trips to the gold rush country in the High Sierras for the right trees and waterfalls, shooting in Old Tucson for breathtaking skylines and sunsets. Closer to home, there's a perfect lake with just the right ducks over at the Disney Ranch.

Because every single aspect of the show has long been governed by Landon's own sensibilities, "Little House" probably bears the unmistakable stamp of one man's look—and outlook—more than any other series on the air. Some weeks after our initial meeting, when I was talking with Landon in his office at MGM, I suggested that this personal signature and control is the TV version of an older Hollywood and Cecil B. DeMille. Sophisticated critics have called "Little House" sugar-coated, just as DeMille's movies were considered golden bantam corn. Nobody loved them but the public, Mr. DeMille used to say of his consistently popular pictures, as can be said of the "Little House" shows—perhaps because, regardless of the shameless sentimentality, the truth of basic human emotions always, *always* comes through. And Landon goes for it. He spends as much time as he can with his composer, David Rose, another "Bonanza" alumnus whom Landon calls "an absolute genius." His scores for "Little House," as one observer put it, "really wrench exactly where your tears live."

Yet this is no "Frontier Father

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SOX WATCHING: A NEW ENGLAND CRAZE

The Boston Red Sox play erratically, give pennants away, haven't won a World Series since 1918. But their fans continue to set attendance records in Fenway Park.

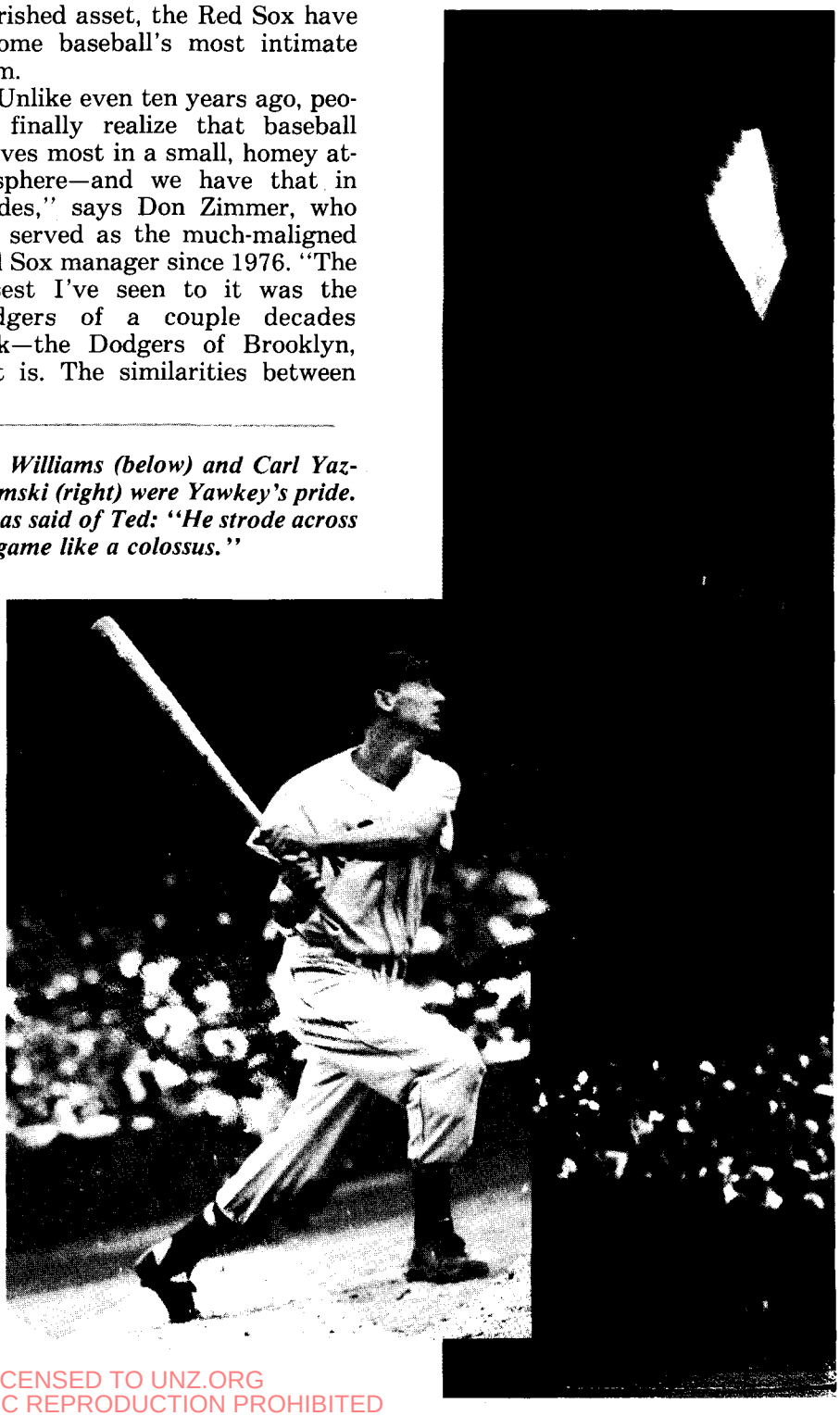
by Curt Smith

Like Harvard, clam chowder and the Boston Pops, they have long been a regional institution. Often awesomely good and yet defeated, heir to fortune but cursed by fate, they have become what the Brooklyn Dodgers were more than 20 years ago—America's unquestioned parish team.

"They," of course, are the Boston Red Sox, now without a World Series baseball championship in 62 years. "Even when we play them at home, the stands are largely filled with Red Sox fans," Baltimore manager Earl Weaver, hardly a Bosox cheerleader, marveled last year. "There can't be another club like it. Every place they play in the country, you find people who cheer for *them* and *against* the home team." Not bad, one muses, for a franchise which has made "Wait 'Til Next Year" its annual and continuing creed.

For decades, even when the National League Braves split the region's allegiance (the club moved to Milwaukee in 1953), the Red Sox have owned New England; perhaps no team in any sport boasts a larger or more devoted clientele. In recent seasons, however, that cult has turned more national and pervasive in scope. Last year, despite its sagging efforts on the field, the third-place Red Sox claimed more national television spotlight than any other club. More network games are beamed from Fenway Park than any locale—9 in 1979, an astounding 16 the year before. Colorful and misshapen, with every seat close to the field, the Sox' home park is the smallest and most lyrical in baseball. In an era when baseball's intimacy has become lionized as the game's most cherished asset, the Red Sox have become baseball's most intimate team.

"Unlike even ten years ago, people finally realize that baseball thrives most in a small, homey atmosphere—and we have that in spades," says Don Zimmer, who has served as the much-maligned Red Sox manager since 1976. "The closest I've seen to it was the Dodgers of a couple decades back—the Dodgers of Brooklyn, that is. The similarities between



Ted Williams (below) and Carl Yastrzemski (right) were Yawkey's pride. It was said of Ted: "He strode across his game like a colossus."

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the two teams—the wild, beserk surroundings—are just too obvious to ignore."

Like those Dodger glory teams of the 1950s, the Bosox are besieged by vocal and fanatic fans. Fenway Park, like Ebbets Field in Brooklyn, is a poetic bandbox of a site. The Boston starting line-up (Carl Yastrzemski, Jim Rice, Fred Lynn, Carlton Fisk, et al.) rivals the Brooklyn retinue of Carl Furillo, Roy Campanella, Gil Hodges, Jackie Robinson and Pee Wee Reese. The Red Sox lend to baseball what the Dodgers once did—romance and empathy, an indelible kinship and charm.

Even more, Boston has avoided all the needless curses which now afflict the diamond game. The Sox have no multi-sports stadium, no sterile coliseum where football—not baseball—thrives. Sox announcers are *professionals*, not merely ex-ballplayers who mangle the language and bore their fans. Unlike other clubs, the Red Sox have not allowed artificial turf to cheapen their park. Neither has the club resorted to circus-like scoreboards or unending promotions. If every franchise resembled the Red Sox, or every major league field was comparable to Fenway, there would be no question about what remained America's favorite sport.

With triumph, though, has gone tragedy. For years the Red Sox have entered autumn full of hope and found catastrophe. During two

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Tom Yawkey (left) bought superstars Lefty Grove and Jimmie Foxx from the Athletics' Connie Mack.

Tom Yawkey first rebuilt Fenway Park and then rebuilt the ailing Red Sox. At a surprise party in 1972 celebrating his 40 years as owner, Tom and Joan were joined by past and present stars of the Yawkey years: (left to right) Fisk, Yastrzemski, Malzone, Dom DiMaggio, Pesky and Williams.

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WAITER, THERE'S A GLASS EYE IN MY TAPIOCA

The trouble with etiquette is that the books are written only for the couth. The guy who can't find where he's supposed to sit or doesn't know how to handle a golf ball in his soup might as well turn to a book of Hoyle for the answer.

by Maynard G. Stoddard

Illustrated by Jared Lee

I'm afraid people came away from last night's fund-raising dinner with the impression that I am an out-and-out slob. Although I'm not, I won't deny I managed to present them with several reasons for thinking so.

Actually, the fault lies with the etiquette writers. They just don't get down to what I would call the nitty-gritty when it comes to culinary refinement. So, when little nitty-grittys crop up, as they cropped up at this dinner, I'm pretty much on my own.

As usual, the one that got me started off rather nicely on the wrong foot was an early attempt to locate my place card.

Entering the eating arena, I found that my competition had already scouted the tables and were now gathering in clubby little groups for a rousing discus-

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sion of SALT II, or whatever. But more important than SALT II at the moment was where I would be sitting in relation to salt and pepper one. By the end of the third lap, however, I had succeeded only in establishing myself as the boy most likely to bear watching. Resorting to my old Lost Wallet routine, I got in another half lap before, by good fortune, I happened to recognize the wife of the fund drive chairman.

Casually walking over, I parted her corsage and said, "I don't suppose by any chance you think . . . " Then I tried, "What I mean is, I don't think you suppose I know. . ." Then I got hold of myself and enunciated ever so clearly, "I don't suppose you know I think where I sit. . . . "

It wasn't until the others were sitting down that I spotted, from my vantage point behind the potted palm in the corner, a small unclaimed space between these two mesdames at the end table. I went over and wedged my way in. My place card was later found stuck to the bottom of a relish tray.

To relieve the tension, I began eating the wrong salad.

Again, it's not that I lack couth. Let me be strolling down the street and let you pop out suddenly from behind a fire plug and yell, "Which side is your salad on?" and I could tell you right off, "It's on the left." Or is it the right? Anyway, seat me between two mesdames at one of these three-fork affairs and I'm lucky to know right from left, much less which salad goes where.

To complicate matters, the salads on this occasion obviously had been distributed by temporary help—a home delivery newsboy would be my guess—and two had landed about equal distance from my field of operations.

Now, the question will arise: Why didn't you wait for your opponents to make their move, then take the salad left over? The answer is: The last time I tried this, I had to get up and walk to the end of the table to claim it. And then it turned out to be a decoration. An ivy of some sort. I can still taste it.

Luckily, the newsboy in this case had carelessly deposited a salad so close to a plate across from me as to be practically a hubber, as they say in horseshoe pitching circles. Making a wild stab that that salad belonged there, I counted on around the table . . . his . . . hers. . . his . . . hers . . . his . . . hers. . . mine! I tippy-fingered over and drew it in.

Did you ever have the feeling you were being watched? I no more than had this first lettuce leaf neatly wound on my fork than I got the feeling. It was my neighbor on the left, staring at me as if she might be diabetic and had brought that particular salad from home. Okay. I had seen better-looking salads on garage sale hats anyway. Besides, if that mess were hers—you wouldn't believe the damage one little old lettuce leaf unwinding can do!—then the one to the right automatically became mine.

The mix-up here could be blamed only on an unfortunate set of circumstances. The highlight of the salad happened to be this pale pink wedge of hothouse tomato. And it happened that my neighbor and I went for the thing simultaneously. We nearly didn't get our forks separated. And after we did, you'd have thought mine had been a carrier of hoof-and-mouth disease. A little athlete's foot I'll admit to, but I didn't have my foot in the stuff. It just looked that way.

So she sat there and sulked. And the salad sat there and wilted. And I sat there and played tiddlywinks with hard roll crumbs until they served the soup, and I ran into this golf ball on the very first slurrup.

In lieu of professional advice for dealing with such surprises, over the years I have worked out a pretty smooth routine on my own. I say over the years, because if there's a pit in the cherry pie, a pebble in the baked beans or a glass eye in the tapioca, I'm the one who clamps down on it. And what I do, after running my tongue around to check my fillings, is to reach up with my right hand and casually scratch my left ear. This allows the UFO (unidentified foreign object) to be deposited neatly down the sleeve of my jacket. Then, by putting my hand in my pocket, the interloper drops out and that is that.

But a golf ball!

My first inclination was to lower the thing back under that murky broth and go back to my tiddlywinking. But by now, both mesdames had ceased operations to see just how I would play it. Besides, I had

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PRIME TIME—ANYTIME

Freed from the bonds of TV schedules, you can now mix and match programs with video cassette recorders or channel your own talents into the line-up with home video cameras.

by Don White

"Lights! . . . Camera! . . . Action!"

Tinseltown? Extravagant movie sets? Temperamental stars? Extras? Camera crew? Producer? Oscar-winning director? You're not even close.

Thanks to the magic of our electronic age, the stage setting could be your own living room. The movie stars, members of your family. Those "extras" are your dog and cat. And the camera crew, the producer and director are all one person—you.

And with the money you have saved by not taking that Hollywood tour, you can buy the "magic box" that will bring the magic of movie making into your home and bring the screening of your efforts, as well as first-run professional films, as close as your TV set.

Some 15 major manufacturers currently are competing for your dollars with this history-making device. So small as to be mistaken for an oversized cassette tape recorder, the VCR (video cassette recorder) will allow you not only to create your own full-color movies at home or on vacation and build a library of movies not available on TV, but to record your favorite TV shows in color. The key to the "magic" is an eight-ounce video tape cassette which will tape up to nine hours of color programming, the tapes being automatically erasable whenever a new program is recorded.

Completing the magic is the home video camera. By plugging this camera into your home VCR, your living room becomes a TV studio or movie set, with you holding the megaphone and sitting in the "director" chair.

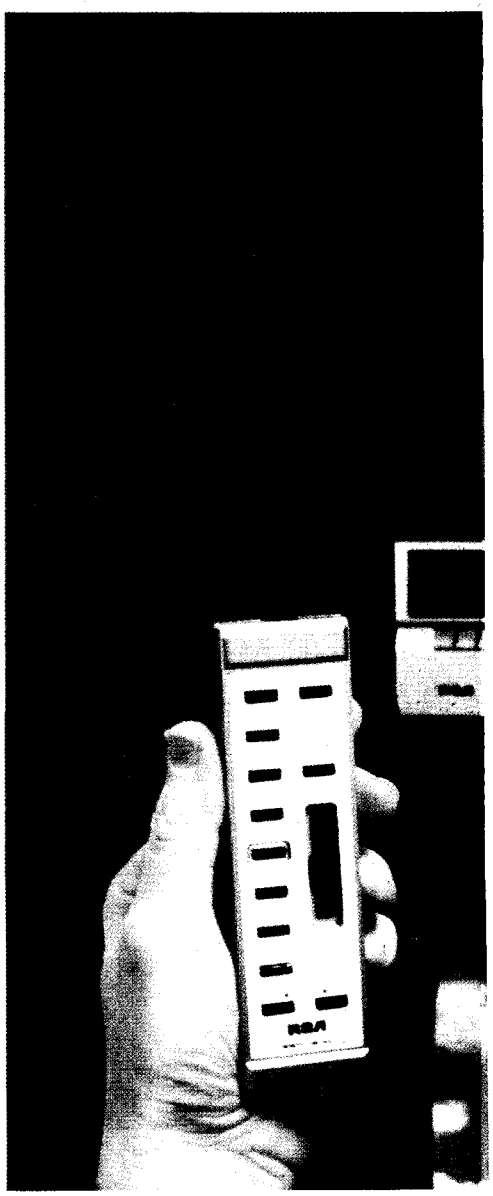
My first experience several years ago with a VCR was at the home of a friend. He had just purchased his recorder plus the basic black-and-white video camera. He insisted I "see it in action" as a featured performer.

We did a "Bob and Ray" type interview on the spot. While neither Bob nor Ray would have felt threatened by our performances, we were suddenly thrust into "show biz." The picture quality of the taped show was every bit as good as any black-and-white "broadcast," probably even better since it didn't have to be transmitted several miles to the TV set. That's an amazing fact when you consider we used only normal room lighting. We later taped a watchable performance of our "act" by candlelight just to amaze ourselves with the sensitivity of the standard black-and-white video camera.

In the weeks that followed, I enjoyed several advantages of his VCR, including the viewing of several episodes of "Holocaust" that I had missed. Then, when an ABC special on "Save the Whales" was broadcast (and since my son was involved in this Hawaii-based operation), I purchased my very own cassette and taped the show. Now I was hooked! To play back the tape in my own home, I had to purchase a VCR. So I did. And I also purchased the color VCR camera as well. I had become a TV producer at last, with a substantially reduced checking account.

Although all VCRs look pretty much alike, there are several basic systems used to record the TV signals—VHS and BETA. While both systems perform well for the user and are equally simple to use, tapes recorded on a VHS type recorder will not play on a BETA recorder and vice versa. This is no problem unless you intend to exchange tapes with a friend. Currently the VHS system is the more popular, due perhaps to the longer recording time possible.

Most VCRs are currently selling at a suggested manufacturers' re-



Thanks to new video technology, no more missing "Charlie's Angels" when there's a special on another channel in the same time slot. While you watch one program, the VCR will record the other for you to view later.

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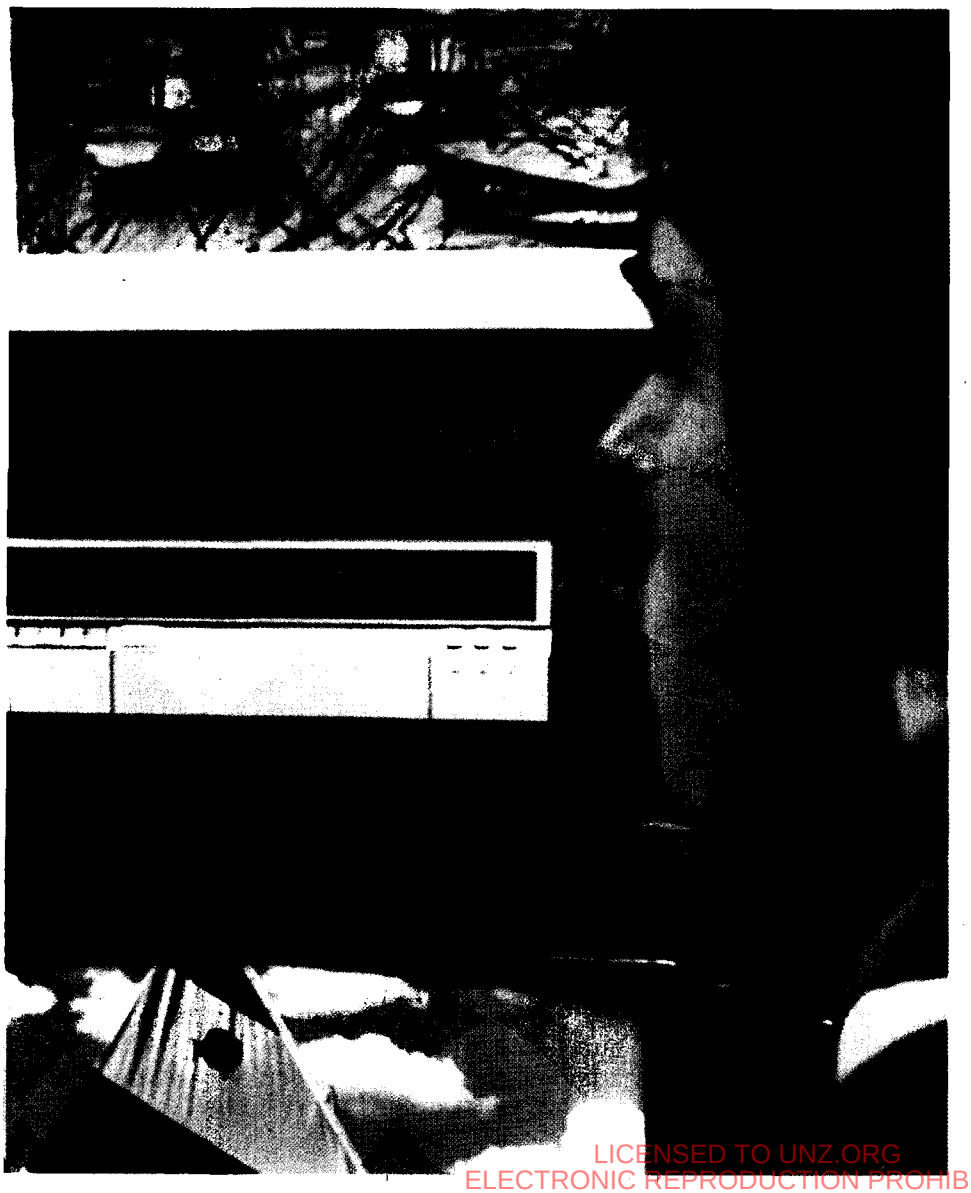
tail price of from $1,000 to $1,300, depending on the features they offer. Since all of them have all the standard features you'll want, the "extra" costs for top-of-the-line models usually include features such as "electronic tuning," the ability to program the TV shows you wish to record up to seven days in advance, and even slow- or fast-motion. Too, as models change, older models are often "sale priced" for several hundred dollars less. Should you find such a bargain, be certain you know the maximum recording time possible on a cassette. Some earlier models, though excellent in quality, were limited to one or two hours recording time on a cassette. Current models have the capability to record from four to nine hours on a cassette. The latter models, of course, can substantially reduce your cost-per-hour for recorded material—important because you're almost certain to build a library of favorite shows, movies and (if you own a video camera) your own TV productions. Remember, VCR equipment, as simple as it is to use, is highly sophisticated and virtually duplicates the action of TV studio recorders costing many thousands of dollars. So don't expect prices to drop drastically in the future. Inflation to date has pretty well balanced out any economies of production.

Since having a video camera is half the fun, you'll probably get one sooner or later. A black-and-white camera is available at most video stores for around $300, more if you want a special "zoom" lens for more professional effects. Like the color camera, it contains a built-in microphone to capture all the sound on your video recording. A standard color camera retails for about $700 and up—again, depending on the type of viewfinder, the manufacturer, or special features such as a zoom lens.

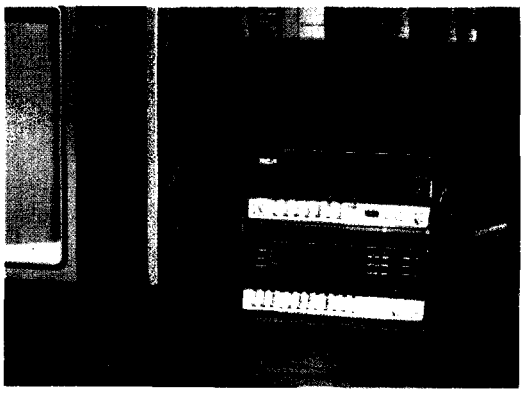
The home video camera plugged into your video cassette recorder turns your living room into a TV studio, with you the director and producer, your subjects the stars and the production your own TV program.



While only a few years ago the color cameras were much heavier and required additional (and awkward-to-use) lighting, the new color cameras weigh only four to six pounds and are hardly larger than a home movie camera. In addition, they often have automatic exposure control to assure you of the finest pictures under the existing lighting conditions.

RCA, for instance, has discontinued the black-and-white cameras because demand is overwhelmingly in favor of color. I must agree that you'll eventually want color, but

Continued on page 96



The convenient, lightweight "magic box" can record up to nine hours of your favorite programming, in color, on an eight-ounce video tape cassette, erasable automatically whenever you wish to record something new.

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TO SUE OR NOT TO SUE...

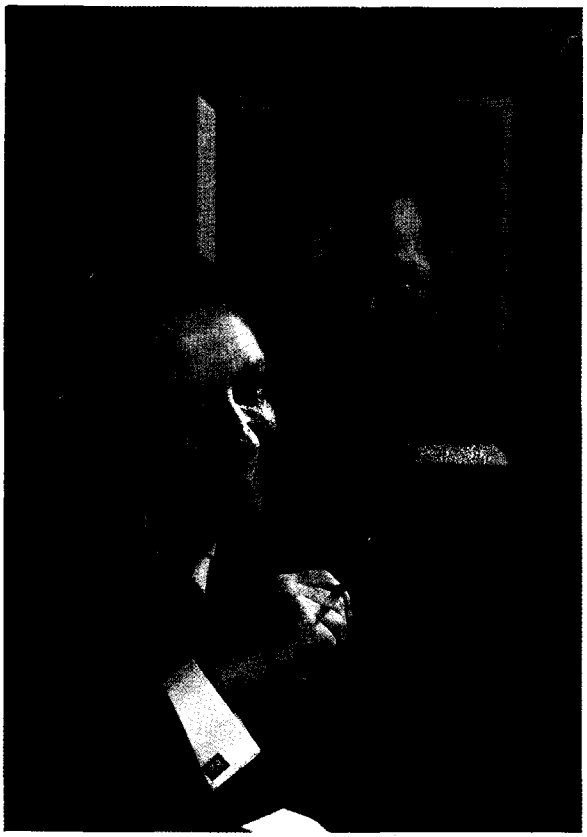
The vulnerable celebrity sees grounds for libel in every incident that defames his name. But a noted libel lawyer advises against impulsively going to court to right the wrong.

by Louis Nizer

Celebrities are of course the special victims of libels. Also they are more sensitive because thousands and sometimes millions of readers consider them vicarious friends and wag their heads about some revelation to which they wouldn't give heed if it were about a private person they really knew.

So it comes about that most entreaties for suit come from famous people in one field or another. They are written about most often and their skins are the thinnest.

Two illustations: Cary Grant was distressed because a magazine quoted him as saying he had never loved anyone. This was the result of a garbled version of an interview in which he commented that he had never "left" anyone. His constancy had been turned into emotional sterility. It would be merely a funny transference of meanings (like the nervous editor who featured the homecoming of a "bottle-scarred veteran," and hastened to correct the error by changing the type to "battle-scared veteran") if it were not so humiliating.



A full and turbulent life has swept lawyer Louis Nizer into the presence of famous people and sometimes great events—and cases that have probed the most controversial issues of our day.

The false item was piquant and therefore carried by U.P.I. and reprinted in many newspapers. Grant was furious. He had been sought out by every motion picture "love goddess" to play the lover's role. His handsome face, charm and acting skills would have been enough. But there was an added dimension which made him the most famous star in Hollywood. It was his sincerity, an abused word—applied even to inanimate objects, but essential in lovers' roles. It could not be completely simulated. Fine actresses rarely shed glycerine tears. They feel the emotion they are projecting and really cry. Powerful love scenes are made possible by real passions. In acting, the less counterfeit, the better the result, another way of saying that the great actor acts least.

All one had to do was watch one of Cary Grant's love scenes on the screen to realize that in real life, too, he loved. Close-ups, catching every shortened breath, hoarsened voice, trembling lips and, above all, the glistening eye (not always the lighting man's trick of having the pupil reflect a shimmering beam) lent unmistakable sincerity to the scene.

Furthermore, he had virtually abdicated his screen kingdom to devote himself to his nine-year-old daughter. She, too, would read of the false accusation.

Still, I told him it was a misprint of a word, worthy of correction but not a suit.

On another occasion, I instituted a libel suit despite my original advice to abstain. The issue was too close to deny the client. A motion picture magazine of no particular standing had featured Elizabeth Taylor on the cover. This was a usual circulation gambit. Her beauty, dazzling in its even simplicity, and her adventuresome life guaranteed a minimum sale, even if there was nothing else inside. The cover test preceded the polls as a measuring yardstick. For years after President Franklin D. Roosevelt died, his picture, or Mrs. Roosevelt's, on a magazine cover boosted its circulation throughout the world. Elizabeth was accustomed to being featured and exploited. She knew it was the reward and sometimes the penalty for being the face which launched a thousand stories each week. Why then her unmollifiable anger on this occasion? What had turned her violet eyes dark with rage?

Louis Nizer, one of America's most distinguished—and energetic—trial lawyers, continues his discussion of libel and the rights of the individual which began in the last issue of the Post.

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It was the appearance of her two children alongside her and a teaser headline which read, "Elizabeth Will Lose Her Children." When one turned to the designated page for the story, there was an ill-written "psychological" analysis of how children of famous parents break away from home when they grow up, to live their own lives. It was an obvious fraud. Those who bought the magazine because of the promise of sensational revelation would have had the right under consumer laws to demand their money back. But who bothers to do so? And the magazine cared not a whit about alienating the reader, since it was a fly-by-night corporate venture which might be destined for a few issues at best, to resume under another name.

I explained all this to Elizabeth and tried to discourage her from incurring the expense and harassment of a suit against an irresponsible publication of no account.

But she was adamant, and I had to respect her logic. "I don't care what they say about me, true or false. You know I have been silent despite many printed lies. But I will not stand for having my children pictured and exploited. The whole thing is a fake. I don't care what it costs, and I understand that I will never collect a cent. But I want to put them out of business, and I want the world to know that they must leave my children alone."

Her statement of principle overcame the pragmatic considerations. There must be a limit to sensationalism and the line is best drawn at the children. So we sued, won, and the magazine was shut down, never to appear again. Elizabeth was content, even though, as anticipated, there was no one from whom to collect.

Even when the libel is serious enough to warrant suit, there are other reasons not to do so. There is wisdom in the old saw "I take it whence it comes." The source of the article may be so disreputable and limited in circulation, and the prominence of the victim so great, that a suit would only provide wide dissemination of the lie. Also, it would confer the fame of the plaintiff on an otherwise unknown sheet. There are many such instances.

Before a libel suit is launched, the relative positions of the involved parties should be evaluated. An unknown publication with limited circulation can do little damage to a prominent individual. But if the victim loses perspective because of hurt feelings and strikes back, the ugly story is given wide currency and the injury is enlarged in the very course of seeking a remedy.

What better example of this principle can there be than the despicable item some time ago in an Italian magazine that the Pope was a homosexual. Let alone, only a relative handful of people would have read the item, and most of them would disregard it in view of its irresponsible source. But the Vatican chose to issue an official denial. It was published throughout the world. The respectable press had no reason to resist a statement by the Vatican. I read it in the *New York Times*. Millions, perhaps tens of millions of people, were thus made aware of the charge. The Pope needed a good lawyer.

There are times when libel suits must be brought, when they are the most appropriate and noble means to right a terrible wrong. They cannot only provide justice. More than almost any other legal remedy, they can actually save lives.

During the McCarthy era, artists such as Mady Christians, Philip Loeb and a number of political figures committed suicide because their reputations and means of livelihood had been destroyed. We shall never know the full cost.

So I use the libel sword wherever it is necessary. I shall advert here to two illustations: one of a private citizen and one of a public official.

Alfred Strelsin was a successful businessman known only to a small circle of friends and acquaintances. He had never sought nor attained any public notice.

In striving for sensationalism, TV gossip Rona Barrett was to learn that those juicy news tidbits picked up at cocktail parties can result in eating crow rather than hors d'oeuvres.

In three minutes one night, his name came to the attention of millions of people. It was not fame which was bestowed upon him by the miracle of television. It was contempt. He was cast in the role of a despicable person. The suddenness and unexpected nature of his debacle made it even more devastating.

It came from a news broadcast on a national Metromedia network. Interspersed with the news was a gossip commentary by Rona Barrett. Its purpose was to relieve the strain of thinking by tickling the mind. Rona Barrett specialized in stories about Hollywood stars, congressmen who sinned at government expense and those who used their own money, couples who were heading for "splitsville" and those for "church bells" (with batting averages—"her second, his third"), and since there are more divorces than ever before, there was no lack of fill-in material. What was

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needed was sensationalism.

The style was breezy. Posing in a three-quarter profile and adopting a saucy manner, she brought the most unimportant, but titillating, items of the day to the attention of her listeners. Any scandal was precious. Rona Barrett had heard something about Strelsin, or so she claimed. She spurted it out on the network as follows: "First Party givers were those fabulous trillionaires [to Rona Barrett millionaire was not impressive enough], Dorothy Strelsin, singer extraordinaire [etc.] and husband, Al Strelsin, who once admitted to friends that he sold guns to Hitler during World War II."

The daring nature of such an accusation gave it verisimilitude. Would anyone risk saying such a thing if she weren't sure? Everyone knows that network lawyers check the broadcasts to prevent libel suits. The fact that this statement was passed by counsel indicated that some proof of its accuracy had to exist.

Cary Grant had been sought out by every motion picture "love goddess" to play the lover's role. To have been quoted as saying "he never loved anyone" made him justifiably furious.

Even Strelsin's friends must have experienced some doubts. Was this a skeleton in his closet no one had known before? Was this how he had amassed his wealth?

Strelsin was Jewish. His brother had died fighting for Israel. He had been active in Jewish as well as other causes. This made the perfidy of his accused conduct even greater.

As a friend of Donald Nelson, the head of the War Production Board under Roosevelt during World War II, I knew that Strelsin had been designated by him to serve in the economic division of the Board to prevent strategic materials from reaching Hitler. The destination of such items was scrutinized and traced so that indirect deliveries by other countries would not be made. Also, vital goods produced by foreign countries were bought up by the United States so that they would not fall into Hitler's hands.

So to say of Strelsin that he shipped guns to Hitler was also to charge him with being a traitor to the United States. For his mission was to prevent guns or even cotton or food from arriving in Germany. Also, the moral dereliction of aiding the Haman and Hun of the 20th century to slay his kinfolk was so vile as to make Strelsin an inhuman beast.

When Strelsin came to see me, he had aged perceptibly. He literally trembled as he described the blow which had just befallen him. His sleeplessness and torment made him look ill.

I advised immediate suit. "We'll examine Rona Barrett before trial under oath. We'll find out who in the network had approved the script and on what basis. We'll demonstrate the falsity and recklessness of the inflammatory broadcast."

This was not the kind of libel to ignore in the hope that like a wave it would dissipate itself and roll in harmlessly. His reputation had been destroyed, his health undermined. His business might well suffer the same fate. He had no choice but to fight back, hard and immediately.

We served a complaint on Rona Barrett and the network. It was insured against such claims, and experienced counsel appeared. They challenged New York jurisdiction over Rona Barrett, who resided in California. We attached her funds in New York to obtain jurisdiction in rem (of her property if not her person). Then we moved to examine Rona Barrett before trial and under oath.

In a libel suit, the phrase "the moment of truth" is not a mere idiom. It is the literal point of time when the defendant must demonstrate that he is not a liar.

At that moment, the defendants sought settlement.

We wrote a hard ticket. The money request was substantial but not prohibitive. The defendants would have to pay Strelsin's counsel fees, allowing a punitive sum to Strelsin for satisfaction purposes. But more important, we demanded that Rona Barrett read on her regular broadcast a retraction and apology which I would compose. I made it clear in advance that it would confess gross and inexcusable error and contrition and be as strong as my mastery of language would permit. Not a word was to be changed. Also she was to make a tape of it, so that we could listen to it in advance to be certain that her delivery of it would be as sincere and emphatic as the words required and that no facial expressions or slurring of words would detract from its effectiveness. Finally, we were to have the right to publish her retraction in any newspaper we chose or mail it to stockholders of Strelsin's companies or to others, with an accompanying statement of the suit, the surrender and the admission of falsity.

Churchill's precept, "In victory—magnanimity," appeals to me, and I derived no joy from insisting on such humiliating demands. Indeed, I thought they would not be accepted; that the defendants would rather subject themselves to a trial and damages, seeking to ameliorate the amount by admitting error but denying

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malice. However, the defendants felt denuded of any defense.

The accusation was completely baseless. Rona Barrett claimed that she had heard it at a cocktail party from some unidentified source. Even a drunken man could hardly have had the inventive wit to make up such a whopper. Those who were supposed to check such broadcasts must have had hangovers themselves and been too bleary-eyed to read. Otherwise how could such a story have passed them by?

The defendants had the usual Hobson's choice. Either they accepted "unacceptable" settlement terms or they risked a disaster at trial. They chose the former.

I wrote the statement to be made by Rona Barrett. No script writer ever had a similar task, to write that which would make the star most uncomfortable. We tested the tape. To her credit, she delivered the lines with sincerity and due emphasis. It was not easy for her. Crow tastes more bitter to columnists than to others.

Another illustration of a libel suit which had to be brought involved a public official. It will introduce a subject which has troubled the Supreme Court more than almost any other conflict between constitutional rights.

Governor James A. Rhodes of Ohio was one of those rare men in public life who appealed to the people so strongly that he rose politically with rocket-like vertical propulsion. He had been mayor of Columbus four times and then was selected in 1962 to run against the popular Democratic governor Mike DiSalle. Ordinarily this would be an invitation to disaster. But Rhodes won by the largest majority ever in an Ohio election. The fact that he was a Republican who had swept a Democratic state brought him to the attention of the nation. He was reelected for another four-year term, and as it was ending, there were plans to run him for the United States Senate and then for national office. Already he was prominently mentioned for the vice presidency and even the presidency.

At this moment of increasing momentum for a brilliant career, his future was cut off as if by a single, sharp knife stroke. *Life* magazine announced on its front cover a feature story entitled, "Scandal Overtakes the Governor of Ohio." Inside, a two-page spread had the caption, "The Governor and the Mobster." Photographs have innuendos, too, particularly by their placement. One was of Governor Rhodes opening the baseball season in Cincinnati. "He has been mentioned as the next baseball commissioner." Immediately alongside were two "mug shots of Thomas (Yonnie) Licavoli, taken in 1934," side and front view, to make sure that their dishonorable origin was clear. On the opposite page was a dramatic photograph of Licavoli taken 35 years later, in a stretcher, being wheeled out of Riverside Hospital to return to prison, after he "had reportedly suffered a massive heart attack." On the next page were photographs of four gangsters.

The chief accusation was that Governor Rhodes had commuted Licavoli's life sentence for murder in the first degree to second degree. This turned out to be on the unanimous recommendation of the parole board, whose decision the governor accepted. This made Licavoli eligible to apply for parole. But the article did not reveal this. A subheading in the article gave the flavor of the charge. "Plenty of Money Floating Around to Set Yonnie Free." The innuendo was unmistakable. There were references to $250,000 being available to free Licavoli and that in the past there had been overtures to previous officials to free Licavoli. They had rejected the proposed bribes, although there was a vacuum in the article as to why they had not reported the matter to the criminal authorities. The clear implication was that Rhodes had yielded to temptation.

Governor Rhodes and his executive assistant came to see me at once. He was calm on the surface, although I was sure he was seething with anger. It was quickly evident why he was a popular and effective official. He was sincere, gracious and charming, but very firm. It was quite a combination.

As in every matter, we examined the evidence with deliberate skepticism. Indeed, we cross-examined him and his executive assistant as thoroughly as our opponent would ultimately do. No questions were barred. All were answered frankly and satisfactorily. Whenever we requested supporting data, it was sent immediately. We were convinced that the accusations in the article were completely false.

Licavoli had been convicted of conspiracy to kill two people. Since he was not charged with the actual shooting, the jury recommended mercy. He was sentenced to life impris-

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Elizabeth Taylor refused Mr. Nizer's advice not to sue for libel when a magazine headlined a story "Elizabeth Will Lose Her Children." She preferred to put the magazine out of business.

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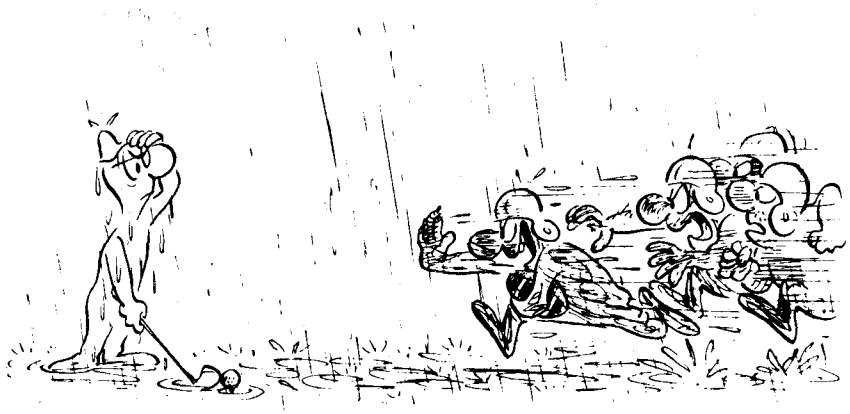

POST SCRIPTS

Shell Game

A chess competition was being held in a lobby of a large hotel, when noisy kibitzers began to gather around the players. Unable to quiet the intruders, the management threw them out. A policeman who was called to the scene asked the manager why these people were forced to leave.

"We were simply pulling our chess nuts out of the foyer," he explained.

—Bernis Copeland

Collector's Item

After trying everything else, the creditor sent a letter with a picture of his little girl enclosed to his delinquent account. The caption read, "The reason I need the money."

One week later a photo of a beautiful girl in a bathing suit appeared on the creditor's desk with a caption which read, "The reason I cannot pay."

—Dennis Burkman

Leaky Operation

A plumber visited a doctor's home, did some repair work and then presented the physician with a huge bill.

"This is outrageous," said the M.D. "I'm a doctor, and I don't earn this much!"

"When I was a doctor," the plumber replied, "neither did I."

—Herm Albright

Smoke Scream

My wife still smokes; I've quit
the weed,
And to my sad regret,
When she lights up, seems I
attract
Smoke from her cigarette.

I'm at her right . . . it blows my
way;
There must be some solution.
I switch to left, so does the
smoke . . .
Can this be retribution?

—Raymond A. Schroeder

"Ah, a dividend."

Sole Food

Though she prefers to cook us cod,
Or sole or salmon, I
Insist on having shrimp or crab,
For I'm a shellfish guy.

—G. Sterling Leiby

Perilous Crossing

In time of peril, the believer fingers his cross, but an atheist can only cross his fingers.

—Ray Blair

Eight Days a Week

"How old are you?" asked the businessman who was interviewing an applicant for a job.

"Forty," was the reply.

"How long did you work at your last job?"

"Fifty years," said the applicant.

"Heavens! How on earth could you work 50 years at a job if you're only 40 now?"

"Overtime," explained the applicant calmly.

—Al Lindop

End of Argument

There's no need to whittle
Me down to size—
To have the last word,
Apologize.

—May Richstone

Sex Change

"Woman without her man is a savage." When this sentence was given to a college class to punctuate correctly, it was found that the boys took it one way, the girls another.

Boys: "Woman, without her man, is a savage."

Girls: "Woman! Without her, man is a savage."

—Anne Dirkman

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Close Shave

A one-armed man went into a barbershop and got the works. During the process, he was nicked and cut several times.

After the ordeal was over, the barber looked at him closely and said, "Haven't I shaved you before?"

"No," said the customer, "I lost my arm in the war."

—Kenneth E. Hall

Baiting Beauties

Two junior executives were discussing their forthcoming vacations. "It's the seashore for me again," said one resignedly. "My wife always wins the argument."

"Why don't you use a little strategy?" suggested the other. "My wife likes the seashore, too, but we always spend my vacations at my favorite fishing camp."

"How do you do it?"

"Very simple. I tell her how much I enjoy the beach with all those pretty girls in bikinis."

—Jennie T. Roberts

Wheeler Dealer

Teen-ager pointing to the crumpled fender on the family car: "Good news, Dad. You haven't been pouring all those insurance payments down the drain."

—Morris Bender

Misconstruant

When an irate mother dashed into the school principal's office demanding to know what the first grade teacher meant by telling little Johnny that she would throw him in the furnace, the principal was naturally perplexed.

As the teacher answered the principal's summons to his office, she, too, could not believe her ears. But after searching her memory she came up with this explanation: She had told Johnny that if he did not attend school more regularly she would have to drop him from the register!

—Jewell Pratt

Higher Divot-ends

Exasperated golfer: "I'd move heaven and earth to break 100."

Fellow golfer: "Why not concentrate on heaven? You've moved enough earth already."

—Lucille J. Goodyear

Correspondence Course

"Dear Folks,
This campus is expensive!
I'm never off the hook.
Last week it was my club dues,
This week another book.
And dates sure cost me plenty!
Girls like a ritzy dinner.
They judge us by how much we spend—
A 'loser' or a 'winner.'
I got your package, thanks, Mom.
The nut bread tasted swell.
But please, Dad, I could really use
Some *folding* bread as well!
Your Son"

—Corinne Adria Bariteau

Minute-Made

The auto manufacturing tycoon received a telephone call. "Was it your company that announced recently that you put together a car in seven minutes?"

"Yes, sir, it was," the executive answered proudly.

"Well," the caller said, "I want you to know that I have that car."

—Henry E. Leabo

The Birds and the Trees

Once, while her mother was out, a 10-year-old girl asked her father what a virgin was. Neither wanting to avoid the question nor to get too deeply involved, he told her about the great virgin forests. A week later, her grandmother dropped in for a visit and, while reading an article on the latest life styles, commented, "I guess there is no such thing as a virgin nowadays."

The girl, hearing this comment, quickly replied, "Oh, yes, Daddy says there are all kinds up north that the lumbermen won't get to for years."

—Don Lindal

Stock and Bull Story

A man who was speaking from experience was giving some advice to a son who was displaying interest in the workings of the stock market.

"It's not the bulls and the bears that you have to watch out for, son," he advised. "It's the bum steers."

—T.J. McInerney

". . .and if you continue to ignore our generous free offer, it will be necessary for us to charge you a nominal refusal fee. . ."

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THE PATENT IDEA

One young millionaire learned that those pet ideas may not be rocks in your head—if you know the marketing process.

by Steven Slon

Here is an idea: pizza clips to hold the cheese on while you eat. The clips are edible, of course. Then there is the Turkey-perk, a tube with tiny holes in it that plugs into a turkey's back and bastes it while it cooks. The smaller Chickie-perk would do the same for a chicken. Another good one is a coffee bag, which is like a tea bag except that it contains coffee. Hasn't anyone ever thought of that before?

Every crowd has a million-dollar schemer who enlivens party conversation. This dreamy-eyed inventor always gets a lot of laughs, but that is all. Even if people took him seriously, he would have no idea how to put that spark of genius into a more tangible form. He resigns himself to playing the clown.

Still, there are people who make a living, and a good one, from ideas that might have seemed frivolous at first. It takes hard work to promote new novelty items and household products, but when one of these ideas takes off, suddenly it is not so silly anymore.

If you have an idea, how can you tell if it is worth getting serious about? With all the absurd items that manufacturers try to dump on the market each year, yours may have as good a chance as any. One new product in the stores is Diet Conscience, a little box with the imprint of a fat person on the front that sits inside your refrigerator and warns, threatens and cajoles, depending on where you catch its tape loop, when you open the icebox door. Another one is New York Water. It is New York City tap water, straight out of the faucet. Some major stores are selling it for $2.50 per gallon.

There are ways to tell if your product will stand a chance in the marketplace. What it takes, first, is the clearheadedness to see past that moment of mad inspiration to the actual value and practicality of an idea. If it is a novelty item, of course, humor and timeliness count, too. Second, you will need to determine, as best as possible, whether anyone would buy it. Fortunately there is excellent, low-cost help in this area available to the individual. The University of Oregon's Innovation Center will, for a small fee, run your idea through its computer's 33-point, market-evaluation program.

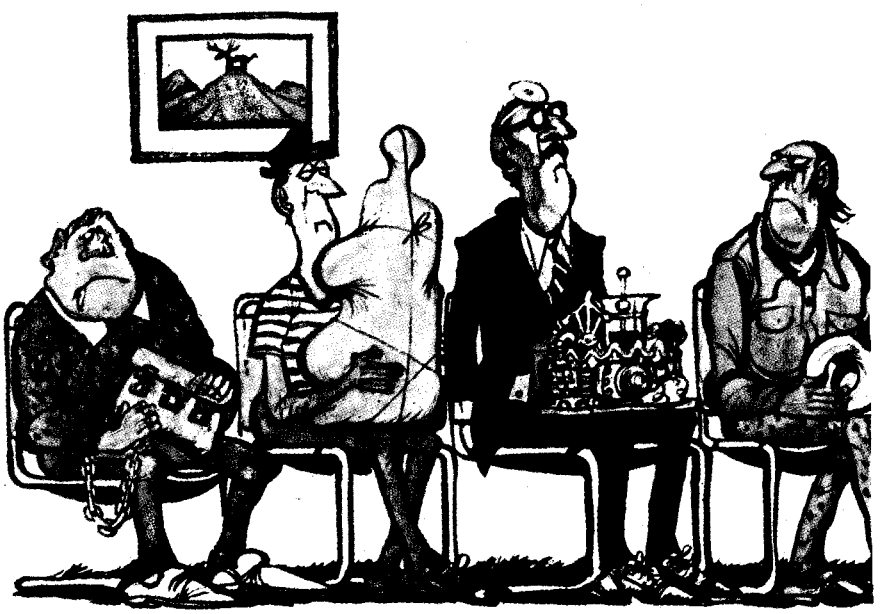
The evaluation covers five different areas: 1) Society. Is the idea safe and beneficial to society? 2) Business risk. Is the idea capable of making a profit? 3) Demand. Is there a need for the product? 4) Market acceptance. Will people want it at the price it will sell for? 5) Competition. How tough will competition be?

These are the kinds of questions companies ask before they market a product. It is helpful for you to think in the same way. Remind yourself that you will have to put a lot of time and money into any new venture in order for it to succeed. This is grounds for cold scrutiny. New York patent attorney Peter Felfe suggests that you be sure, before you move past the planning stage, that you are not just deceiving yourself about how "wonderful" your idea is.

Perhaps the Innovation Center's statistics will give you an idea about the market survival rate of ideas. For every 100 ideas that they analyze, 85 have too many flaws or are not significantly different from products that already exist. Of the remaining 15, only 5 have market potential. Of these 5, one will make a profit.

All right, now you have tossed out nine of your ten million-dollar products—too bad you cannot take this as a tax loss—and you are ready to get serious about the one that cannot miss.

If your idea is an invention or a process that is really new and different, you will begin by filing a patent application. A patent is the best form of protection for your invention. It gives you the exclusive



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right to sell or license the invention for 17 years. Certain things are not patentable. Ideas themselves are not patentable. Neither are machines that do not work or processes that would be obvious to anyone with a certain knowledge in the field.

The tests for issuing a patent are basically 1) that the invention is a new or improved process or machine, 2) that the invention is useful or operable and 3) that you invented it first.

The first step in applying for a patent is to conduct a search of the more than 4 million patents in existence to see whether your invention is new. The Patent Office in Washington and 22 libraries have the patents on file. You can conduct the search yourself, but, for fees ranging from $100 to $400, letting a professional handle the job is a good idea.

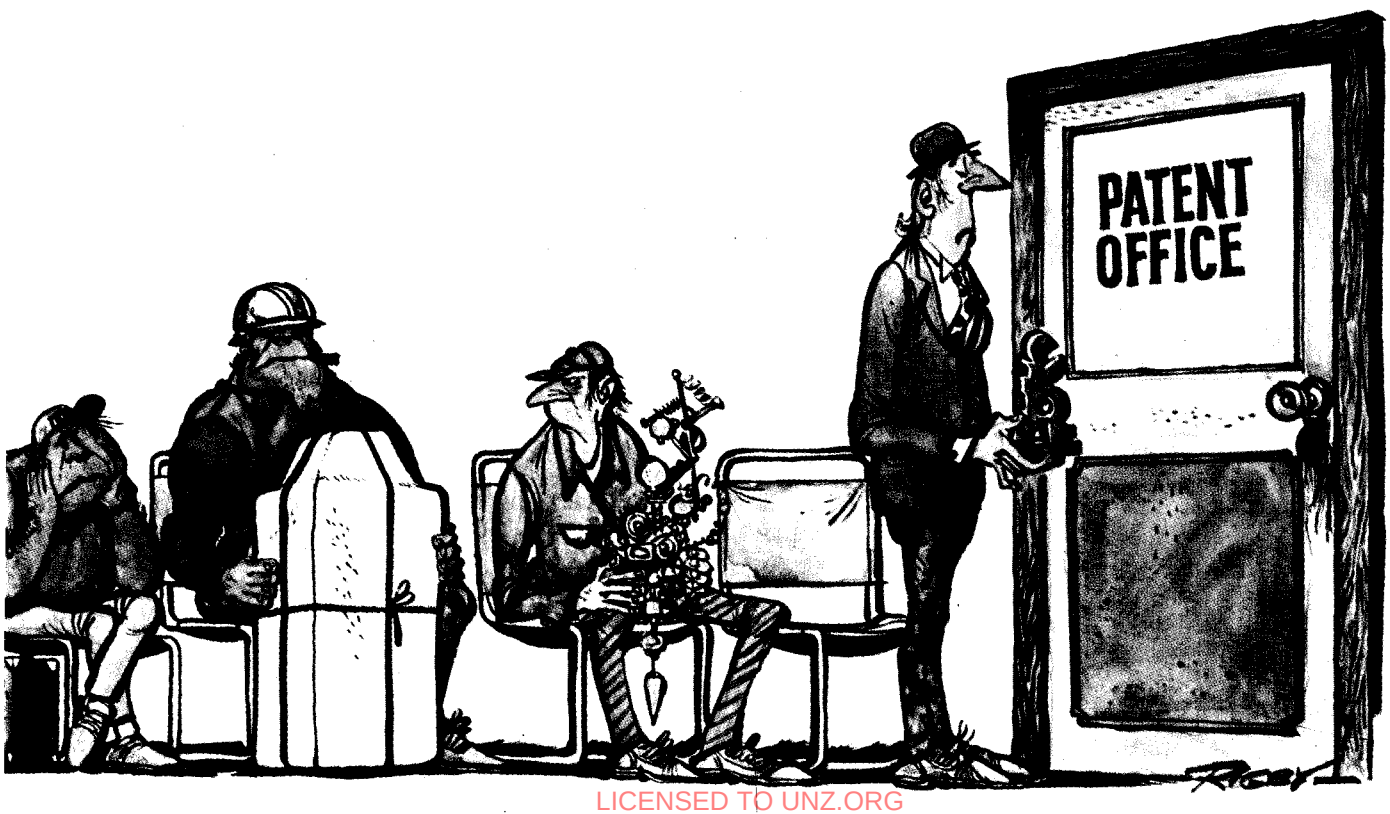
You will now also need the services of a patent attorney or licensed patent agent. In theory, you could file a patent application yourself, but in practice, the procedures are so complex that, in Peter Felfe's words, "it is next to impossible." You can get a list of patent agents and lawyers from the Patent Office.

This is where you will have to start spending serious money. Lawyer's fees plus application fees (assuming no one contests your right to the patent) will total about $1,500. Of course, just going to the initial consultation with the patent lawyer may save you from spending any more money. He will be able to tell you right away if the idea is not patentable or if it is not worth patenting.

Proving that your invention is operable or useful is tricky. This is where your attorney must make his most eloquent appeal to the importance of progress. What seems useful to one person might seem frivolous or even dangerous to the next. In 1829, Martin Van Buren, then governor of New York, wrote to President Andrew Jackson, decrying the new transportation technology: " 'Railroad' carriages are pulled at the enormous speed of 15 miles per hour by 'engines,' which, in addition to endangering the life and limb of passengers, roar and snort their way throughout the countryside, setting fire to the crops, scaring the livestock and frightening women and children. The Almighty never intended that people should travel at such breakneck speed."

Proving that you were the first to discover your invention can also be the subject of legal action. To protect yourself before you file a patent application (or do anything else), describe your idea in writing. Include drawings or photographs and an outline of the claims you make for its function. Show the description to one or more trusted friends and have them read, sign and date it. Once you have made this record and filed it away, you have established the date of your discovery. For additional protection, you can mail a copy of it to the Patent Office, where they will keep it in their files for two years for $10.

The invention or idea now belongs to you in the eyes of the law. You lose this legal backing if you publish the idea or effectively give it away by such acts as, say, bragging about it at a cocktail party. You maintain this protection (whether you later apply for a patent or not) if, when you disclose it to others, you make it clear that you do so in confidence. If you protect your idea solely in this manner, it is called a trade secret.



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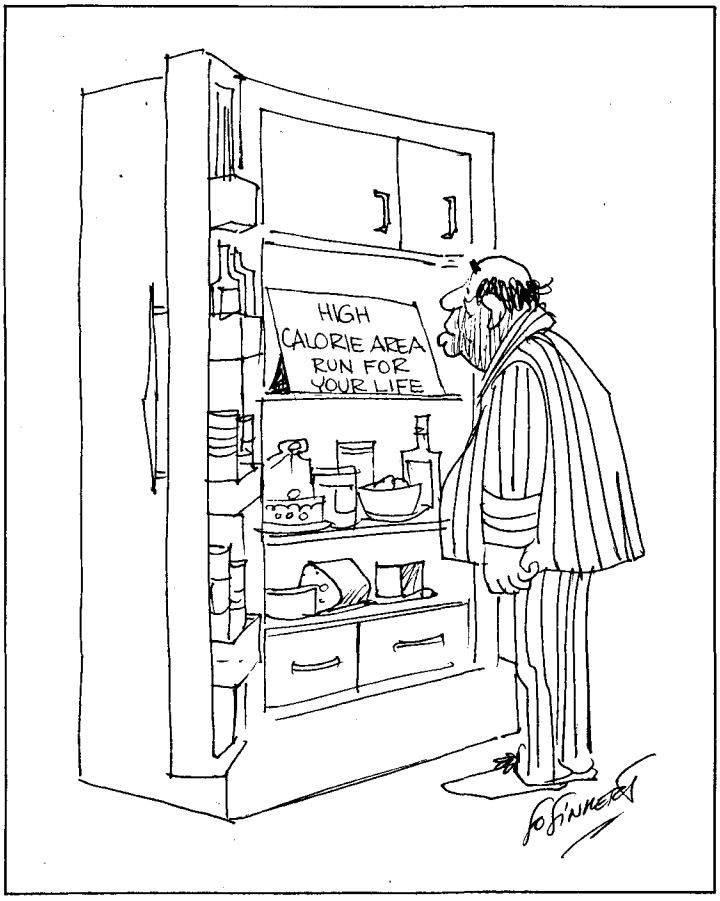
Here is how you could arrange to make a confidential disclosure of the unpatented Turkey-perk to a manufacturer who might want to buy it: "Dear Household Products, Inc., I have developed a device that will baste a turkey automatically while it is cooking. The market potential is extraordinary if your company can get it into the stores by next Thanksgiving. It is cheap to manufacture, and it would retail for less than $5. If you are interested please reply in a letter in which you agree to review my idea in confidence." The trick is to keep the details a secret until you receive that agreement. If, instead, the company sends you its own idea submission form, have your lawyer examine it.

With a short-lived product, particularly a novelty item such as the Pet Rock, protection is not really an issue. It is more a matter of beating the competition to the punch. The manufacturer simply jumps into the market, promotes the product heavily (and, with luck, sells it heavily) and then jumps out again. It takes six months to a year for a competitor to manufacture and distribute a similar product. By that time, the company that wanted to "knock off" your product—the idea world's term for "rip off"—will probably miss the market entirely with its cheap imitation.



The Pet Rock was not patentable. It performed no useful function. Still, creator Gary Dahl availed himself of as much of the other, lesser forms of protection as he could. He got a design patent on his package, which prevents someone else from copying the exact look of his product; he also copyrighted the enclosed booklet, which prevents outright copying, and he registered his trademark, which protects the name. Even so, it was only because Dahl got his product on the market quickly enough that he was not "knocked out." In the backwash of the Pet Rock's success, the market was flooded with everything from Pet Pebbles to pet shells, but by then it was too late for the rest.

Usually, the individual who is trying to market the unpatented (or unpatentable) idea is at a distinct disadvantage. The odds are that no one is going to "knock off" his item if it does not do well, but if it does, watch out. In the '60s, Don Kracke, a new man to the idea field, produced and marketed a product he called Rickie Tickie Stickies. These were the plastic stick-on flowers that everyone suddenly had to have on his car. "Suddenly" is perhaps too strong a word for something that took a year to catch on. Kracke did not have the money to promote his idea fully once he saw it was going to be a success. The result: While he did well ($3 million in gross sales for six years' work), he estimates "knock offs" sold another $17 million in stick-on flowers.

Now that you have applied for a patent, or, at the very least, recorded the conception of your idea, you are ready to take your baby to market. There are a number of avenues open to you, but they fall into two general categories: doing it yourself or having somebody else do it for you.

Marketing the product by yourself means you will not have to share the profits with anybody else. It also means you will have to risk your own money and work a lot harder. That is why Don Kracke believes licensing your product to a larger company is the best way to make money in the idea business. For him, there was a point early in the game when a company with a national sales network approached him to buy the rights to Stickies. The deal fell through because Kracke tried to hold out for a 10 percent commission. He later estimated that his royalties would have totaled more than half a million dollars if he had agreed to the 5 percent deal the company had offered—and that is for doing no more work than he had already done in about six months. The company had the capital and the organization to get the lion's share of the $20 million total market for the plastic stick-on flowers. Kracke still made good money, but he spent six years "struggling every inch of the way."

In some cases, the Innovation Center at the University of Oregon will help you market your new product or help you promote its sale to a company. Several other universities also have innovation centers that perform this function and may even loan start-up capital to good ideas. Usually these programs serve inventors only in their own regions, so it is a good idea to check for one at a university near your home. The university will trade its staff's expertise for a share in your company or for a portion of your royalties. Oregon's center helped patent and sell a new kind of hinged table that folds away to within an inch of the wall. A Minnesota furniture company

Continued on page 96

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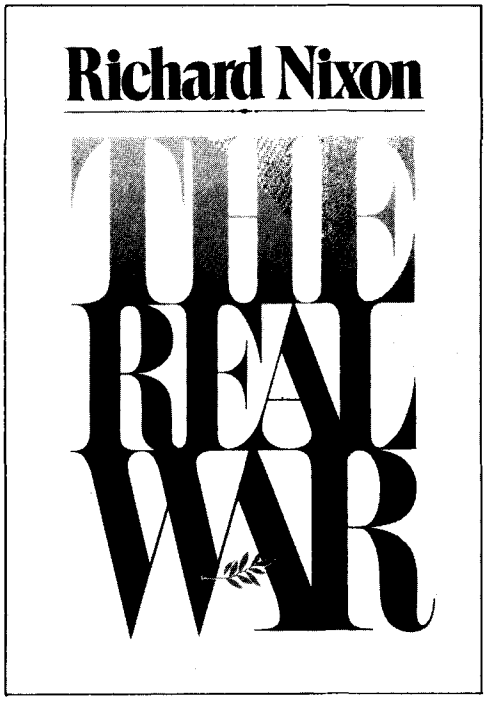
THE SATURDAY EVENING POST BOOK SHELF

The Real War
Richard Nixon
Warner Books, 341 pages
$12.50

by Curt Smith

In a career marked by triumph and tragedy, his original *Six Crises* later multiplied by several times that sum, Richard M. Nixon performed most memorably in the field of foreign affairs—his goal the oft-repeated "generation of peace."

Shrewdly, courageously, with reach and vision, Nixon rearranged the world with a skill that would have made previous virtuosos of foreign policy—Woodrow Wilson, Theodore and Franklin Roosevelt, Dwight David Eisenhower—both envious and proud.



He opened the door to China, ending more than 20 years of estrangement between East and West, concluded the first arms limitation agreement with the Soviet Union, extricated America honorably from the morass in Vietnam which he inherited, ended the military draft. A Harris poll in 1976 disclosed that Americans regard Nixon as the modern president most adept at foreign affairs; he may be among the finest foreign-policy presidents any of us will know.

Nixon's most recent book, *The Real War*, was published this year—and its timing is especially apt. More than ever, crises of 1979-80 have shown the need for a president who can *anticipate* world events before they occur, who has the world respect needed to help stabilize the globe, who understands that world events are not isolated or set apart but rather linked between every corner of the earth.

Ten years ago, addressing the nation in a prophetic April 30, 1970, speech, Nixon warned that the United States might become "a pitiful, helpless giant." He said that if America did not stand up to its enemies, soon its enemies would be standing over us.

Under Carter, McGovern and many of their liberal brethren, we have seen Americans held hostage, neutral countries invaded by communist armies, our flag mutilated, our embassies mocked. We have seen Andrew Young call Cuban expeditionary troops "a stabilizing force" and praise the Ayatollah Khomeini. We have seen our president publicly insulted in Mexico and ridiculed in the United Nations.

Surely, proclaims *The Real War*, America deserves more than this—more than a policy of papier-mâché, more than a doctrine which allows even the lowliest of nations to swagger at our expense. Events of the last four years, notes Nixon, have shown that enemy nations can treat us as a punching bag—and all we do is shrug. We have become the world's self-proclaimed expert at turning the other cheek. "The 1980s and 1990s must be the years in which we turn back the new Soviet imperialism," Nixon writes. "To chart our course for the future, we must know our enemies, understand our friends, and know ourselves—where we are, how we got there, and where we want to go."

How can we restore America's lost pride and vigor? Nixon names several ways. We can adopt a coherent foreign policy that identifies American interests and has a global approach to achieve them; we can demand that our leaders increase defense spending, not transparently to pacify voters, but significantly so that the Khomeinis of this world will never again besmirch America's honor; we can understand that international problems are intertwined and that Soviet hopes for world conquest depend upon the cutting off of Western oil; and we can elect a president who recognizes that if *any* nation bullies him, other nations will follow suit.

The Real War is lucid, readable and remarkably blunt. It expresses Nixon's longstanding concern that "what America does suffer from is not itself a terminal illness, but rather a sort of creeping paralysis that could become terminal unless treated." What cure does the former president suggest? Resurgent national *will*—the will to utilize America's economic and technological prowess, to stand by loyal allies such as the Shah of Iran, to retain *true* nuclear parity with the Soviet Union, "to develop a strategy aimed not just at avoiding defeat but at attaining victory."

Woodrow Wilson hoped to make the world safe for democracy. "Our task today," Nixon believes, "is to make the world safe for liberty."

Much of the Free World's reading public obviously applauds that goal. *The Real War* has been serialized in 30 countries, published in 7 nations outside America and recognized as a best seller in the United States. Across Europe the reaction has been especially upbeat—50,000 copies were sold in France during the first two weeks after publication; and within a week after the book was released, copies in London were completely sold out.

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Bring The Summer Garden To The Winter Table

THE SATURDAY EVENING POST

Small Batch Canning & Freezing Cookbook

Food preserving made simple, with gourmet recipes for using fruits and vegetables you put up yourself. There is special emphasis on working with small quantities, and using only the utensils to be found in an average kitchen. This book is ideal for the bride, retiree, and condominium/apartment dwellers.

By Charlotte Turgeon

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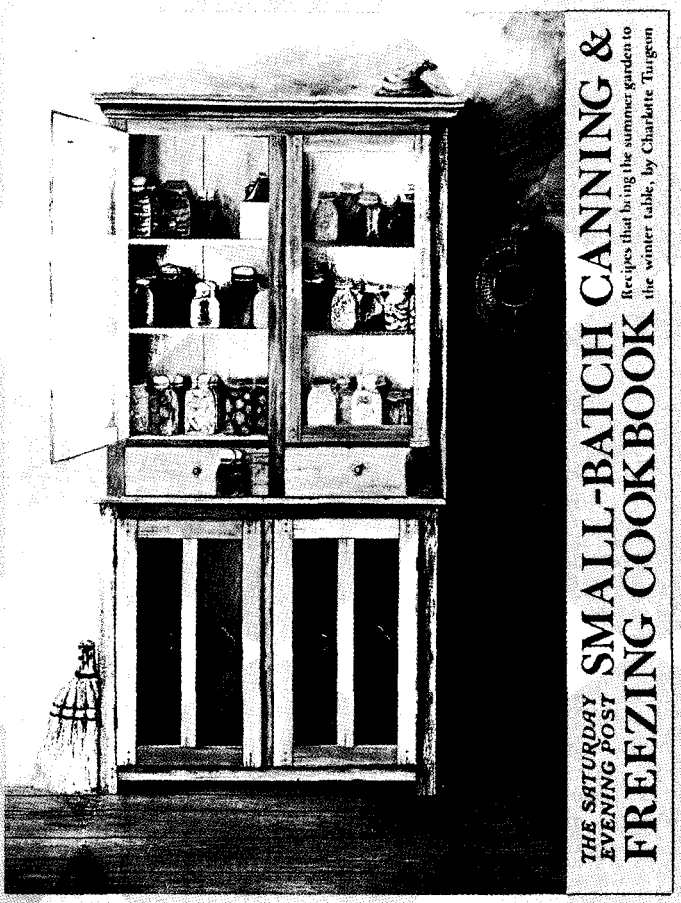
Canning and Freezing Vegetables
Canning and Freezing Fruits
Jelly and Jam Specialties
Pickles and Relishes
Shortcuts and Standbys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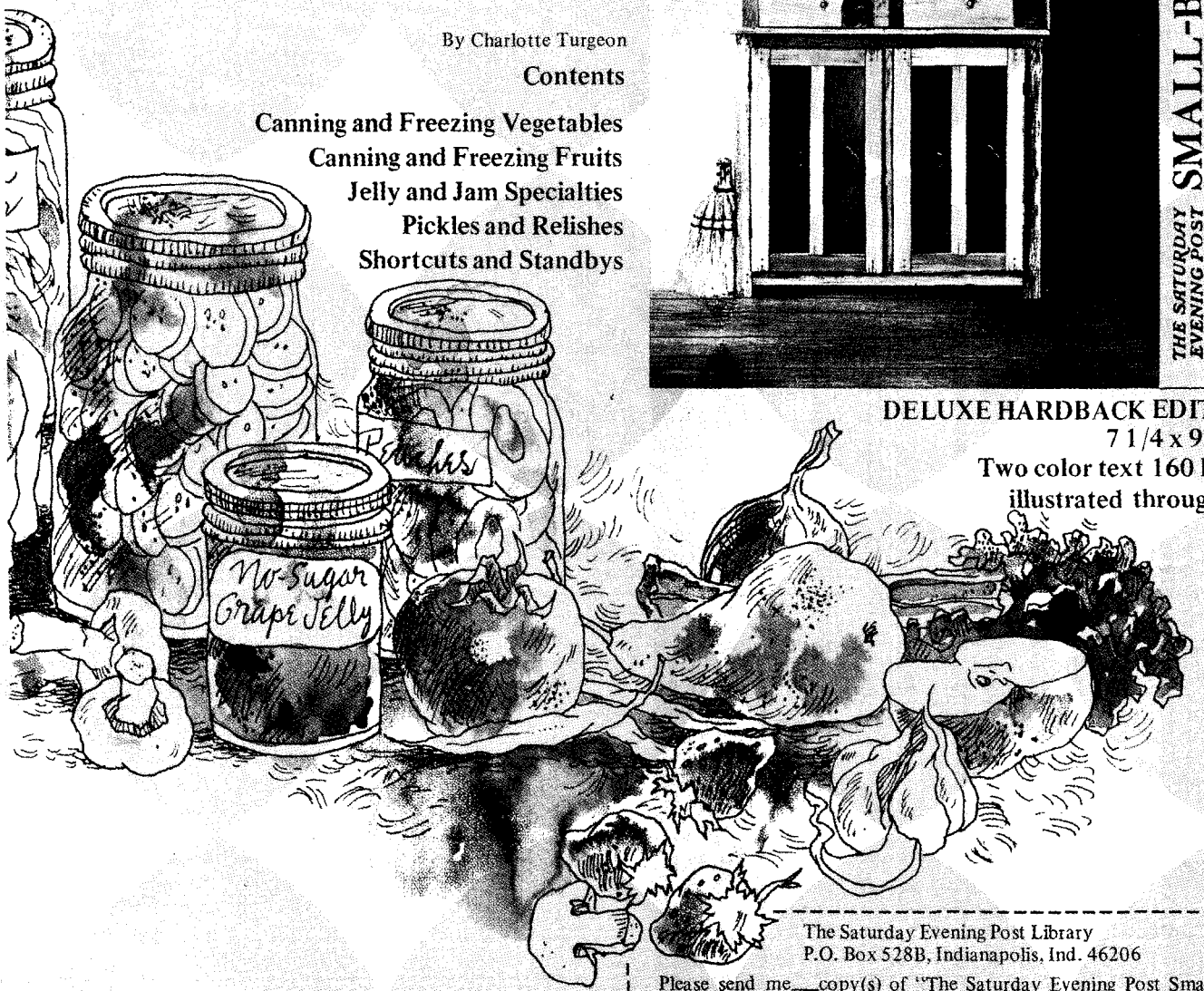
Recipes that bring the summer garden to the winter table, by Charlotte Turgeon



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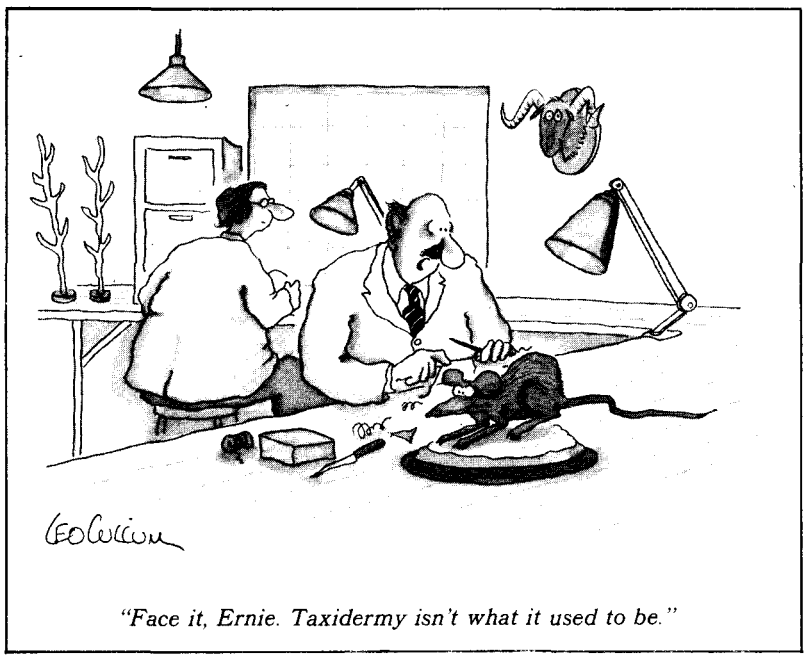
Patents

continued from page 92

paid $65,000 plus royalties for the invention. The center also helped start a small business called Rare Ore, Inc. Some students conceived the idea of buying a quantity of low-grade gold ore at a low price and selling it as a novelty item. Rare Ore, Inc., put its founders through college.

The university innovation centers are grant-funded, but there are also private idea-broker companies. Some of them are legitimate; some of them are not. If you see an ad that says, "Inventors wanted," read this as, "Inventors' *money* wanted." When you disclose your idea to one of these companies, it will invariably send back letters of encouragement. It will then recommend that you make a detailed market analysis and brochure with which it will promise to plug your discovery. The company will do this for you for a fee, usually somewhere between $1,000 and $2,000. When it became known that few people were selling their ideas through these services, the Federal Trade Commission and other federal agencies began investigating the idea brokers. In one typical case, a firm with 35,000 clients had earned money for 10 of them in excess of fees paid.



"Face it, Ernie. Taxidermy isn't what it used to be."

There are reputable invention development companies, and they operate in a discernibly different way. First, they do not solicit inventors. Second, they will not ask you for any money. If they like your idea, they will raise the start-up money, file a patent for you, or do whatever is necessary to bring it to a commercial state. Then they will decide whether to license the invention to a company that has expertise in the field or to manufacture and market the product themselves. The cost is a share in the profits.

Jerome I. Feldman, president of National Patent Development, founded the company 15 years ago because he could find no legitimate invention development company to help him with an idea of his own. Today there are a number of thriving companies like his. Most of them deal mainly with new technology in a particular field. N.P.D.'s specialty is medicine and optics. (They helped develop the soft contact lens.) But like the other invention development companies, it can take on any new patentable ideas.

You may decide to market your idea on your own, and it can be to your advantage. For one thing, even if you intend to sell out eventually, having some initial success in the marketplace is worth money at the bargaining table. The first step is to figure how much your product will cost to make. If it is a game with plastic pieces, a plastics company can quote you a price on the manufacture of the pieces, and a printer can quote you a price on the printing of the game board and the box cover. Then there are the box, dice, cards, etc. You will have to choose colors and sizes for each item. Add to the manufacturing cost the salesman's commission, usually around 10 percent, and then add your profit. There must be enough profit to ensure that you will make some money (assuming a reasonable amount of success) but not so much profit that you price yourself out of the market.

Now you are ready to sell. You can wholesale your product at trade shows or to buyers in their offices. You can retail it by mail order or to your neighbors' kids (which is where Don Kracke sold his first Stickies). In any case, you will need a lot of time for traveling, selling and waiting, and a lot of money for traveling, ordering your sample stock and advertising. It's not easy. Perhaps you should take a trip to Europe instead, as Peter Felfe advises some of his clients to do. On the other hand, your idea could make you rich. The Pet Rock made Gary Dahl a millionaire in less than nine months. If he had not put it into production, the Pet Rock might still be remembered. . .but only by the fellow 9-to-5ers to whom, in a playful moment, Dahl first presented his idea. ★

Video Recorders

continued from page 83

both types are fun.

Many people assume that VCRs record programs directly from your TV set. They don't. Each home VCR has a built-in all-channel TV tuner (VHF and UHF) and records its own signals. Your TV set acts like a movie screen, allowing you to adjust the color and volume of each recording. You can watch one show on your TV while recording a second channel on your VCR.

The 1980s are bringing you another choice, the portable VCR, and most of the major manufacturers have at least one model. The recorder simply hangs from your arm like a camera case and weighs as little as 11 pounds; add the lightweight color camera, and you're ready to video tape sports events, that vacation in Florida or your backyard barbecue. Imagine a full-color video tape with sound that you can produce for the cost of the video cassette—a four- to six-hour show for about $20. And if you don't like it, erase it!

How are you going to use your VCR? The most obvious use is to record those shows or movies which are shown at inconvenient times or opposite other shows you wish to see. Since most VCRs have built-in timers for just this purpose, it's easy to do this while you're asleep or away from home.

If you're a "ham" at heart, video recording may well be the realization of your dreams. You can act, sing, dance, even review your golf swing. (While almost anything goes when you're the producer, we suggest you restrain that impulse to dance in the nude to a Brahms waltz. If your VCR should happen to be connected to your antenna or cable system in an incorrect manner, you might find yourself "broadcasting" to the neighborhood. It has happened.)

More and more prerecorded cassettes are coming to the market, af-

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fording customers the opportunities to buy first-run "uncut" movies, often concurrent with their release at theaters. The prices vary, with most feature-length movie cassettes costing $40 to $50 and some of the new "classics," such as *Star Wars*, a bit more. However, you can also "rent" these cassettes for a few days from many sources for as little as $10. Anyone for a theater party at home?

The "X-rated" video cassette business is also expanding rapidly, perhaps because people who would not wish to be seen in the type of movie house showing such films may now view them in the privacy of their homes. The unfortunate consequence of this may be that children can operate the controls of a VCR player and replay such tapes for their young friends.

There are presently quite a few legal battles being fought between VCR manufacturers and the major film studios. Basically, the movie studios object to their copyrighted movies being "taped" by anyone with a VCR. The California courts have so far favored the manufacturers; however, most VCR owners take the view that if a studio sells a movie to a network, we viewers "pay our dues" by being forced to watch the commercials.

Up to the present time, the consumer has remained untouched by this battle; however, if you were to tape a movie and offer it for sale, you could well have the F.B.I. breathing down your neck. That is illegal! Pirated films such as *Star Wars* were available on illegal video cassettes before that film was released; such pirate firms have only to get their hands on the original film for a few hours to make an illegal "master," from which thousands of copies may be made.

If you've boxes of color slides and home movies compiled through the years, some film processing stores will transfer these to video cassettes for you. It presently costs about $9 to transfer 27 minutes worth of Super 8 film to your video cassette or about $10 to transfer 100 35mm color slides, and these electronic images don't fall victim to the fading, scratching and aging of color film. Fotomat is one of the national photo store chains offering this service, and they also rent and sell recorded video cassettes. An "audio dub" control on most VCRs allows you to add your own narration or background music to anything you tape. This is especially nice when you transfer old films to video. So if you don't have a video camera on your next vacation, just take along an ordinary movie camera, then transfer the film to a video cassette for easy viewing (without having to find that old projector and movie screen). And don't forget those friends who "always had to leave" when you suggested showing your vacation movies! Just pop in the cassette and they don't stand a chance of escaping.

How difficult is a VCR to install? If you've ever connected a "rabbit ear" antenna to your TV set, you're practically an expert. Once you find the antenna terminals on the back of your TV, the rest of the process takes about five minutes. Simply attach your antenna terminals. If you bought a video camera, it simply plugs into the VCR and you're ready to fight Johnny Carson for the ratings!

I've known only two friends to require any VCR service, and in both cases it was reasonably priced. Of course, when you buy, you should be assured of the dealer's reputation and you should compare manufacturers' warranties. If prices are too low, find out why. An older model with shorter recording time? A model with service problems? Or is it one heck of a deal?

Drawbacks? Well, there's the initial investment, but the fun and convenience of VCR makes it a worthwhile one for most people. Certainly color video tapes of a family growing up will be invaluable 10 or 20 years in the future. The only technical drawback is perhaps that you would not wish to video tape a solar eclipse, since this would destroy the light-sensitive camera tube with the result that your eclipse would be a part of all future camera recordings until the tube was replaced.

What about video disc recordings? Well, this is a whole new story and really a new market. Suffice it to say that a video disc does not permit you to make recordings of any kind nor to erase them. As with a phonograph record, you buy a specific show on a disc and that's what you'll see as long as you own that "record." So if you wish to record your own selection of material, VCR is your only selection.

Someone once said, "Men are like boys, except that men have more expensive toys." If VCRs are toys, they are exceptionally well-built and interesting toys that have all sorts of applications within the home and for business purposes as well. They are the toys that were beyond the imagination of all but a few science fiction writers only a few decades ago.

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Islam

continued from page 57

with the West.

The industrial revolution of the 18th and 19th centuries made it possible for Europe and America to gain great economic advantages in relation to the less technologically advanced societies of the Middle East, Africa and Asia. The military superiority of the Western world grew in turn out of its industrial advancement. In some cases military superiority led to direct Western seizure of Arab lands: the French conquest of Algeria in the 1830s and the British occupation of Egypt in 1882, for example. But even where the Western powers did not directly establish their imperial rule, the Muslim world felt itself threatened and required to take measures to protect itself. Initially, those defensive efforts involved chiefly the importing of Western military weapons, military ideas, techniques and advisers. Westernization of its military system, in other words, was going to protect the Islamic world against the threats of Western power. However, it was rather quickly seen by various leaders of the Islamic world that other aspects of Western culture and economy would be needed to make the new Westernized military system work. Thus, there began a long and stormy period during which the Muslim world tried to strengthen itself by modernizing and by adapting to its own traditions and values what could be advantageously borrowed from the West.

Yet, no matter how much foreign-inspired progress was achieved, the Islamic world remained weak and vulnerable vis-à-vis the West. The gap widened in terms of both economic power and military strength. Meanwhile, the Westernizers among the Arabs and other Muslims came under attack from their own coreligionists. Western-style reforms had not brought a greater sense of security or stability. Moreover, the poorest among the masses seemed to have been demeaned by the social changes that were increasingly moving them from the land to city slums; the economic promise of Westernization had, for many, simply not been fulfilled. Most important, feelings of self-respect, of identity and of community—so basic to healthy individuals and a healthy society—were undercut and sorely weakened by what happened in the process of modernization.

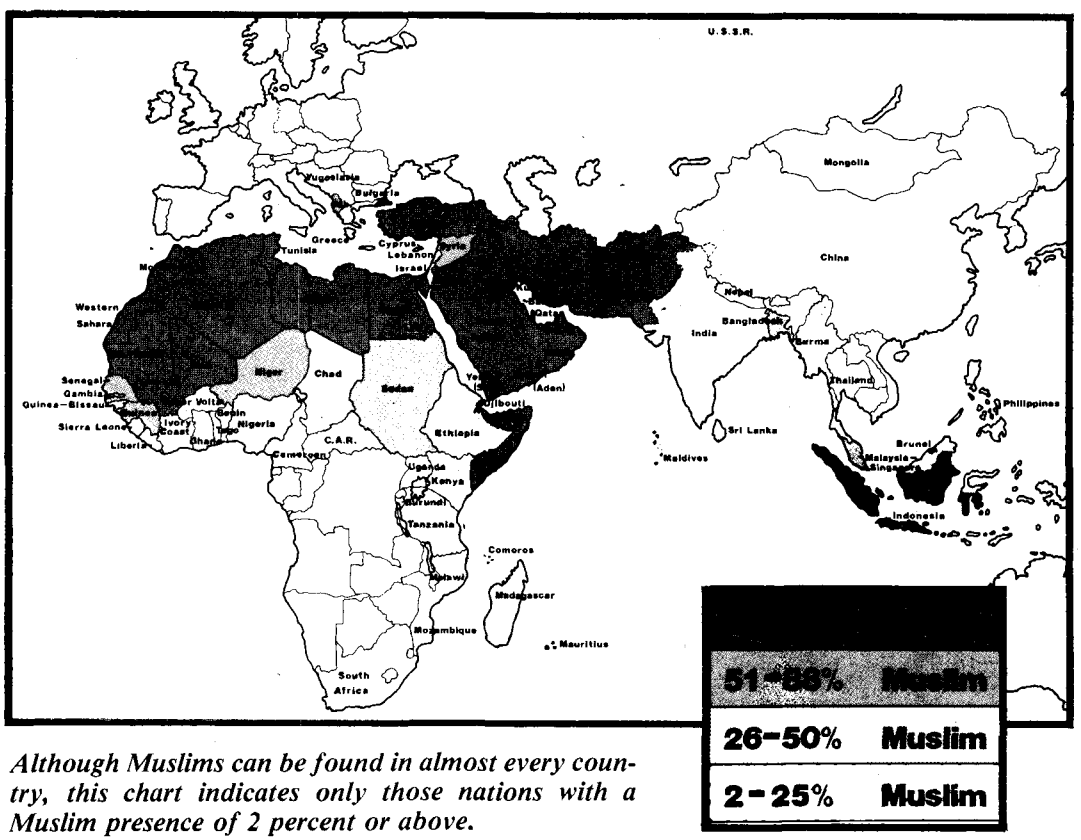
Opposition attacks on Westernization and calls for a return to the true virtues and values of Islam were being heard in various parts of the Muslim world even before the end of the 19th century. After World War I, Arab nationalism began to come to the fore—the belief that all Arabs belonged together as part of one nation and free of foreign control. Split up among many states, colonies and protectorates, they were united in their common use of the Arabic language and in the Muslim faith to which the overwhelming majority belonged.

In the late 1920s there began an anti-Western movement that, as yet, has nowhere succeeded but has not been destroyed—the Muslim Brotherhood. Founded by an Egyptian schoolteacher, it called for greater attention to the economic needs of the poor and a return to the central values and the traditional life style of Islam. Although the Muslim Brotherhood has been strenuously opposed by successive Egyptian governments from King Farouk to Nasser to Sadat, the movement still attracts many followers in the Nile Valley, and its counterpart is flourishing today in Syria, where it represents a major threat to the government of pro-Soviet President Hafez Assad.

Colonel Muamar al-Qaddafi, the dictator of Libya, has formed a close military partnership with the Soviet Union, but in other ways he is the most fanatical of all the Muslim fundamentalists who hold political power. He is a Sunni Muslim, whereas Khomeini is a Shi'ite, and the Shi'ites and the Sunnis are often bitter enemies. Yet both of these sects within Islam have fundamentalist factions that, to outsiders, sound very much alike. However much they keep alive ancient animosities and fight again, among themselves, old battles—some of them going back a thousand years—they attack Western ideas and influences with equal passion.

But what is it that upsets them so much, anyway?

First of all, they display vividly the universal human resentment against a perceived or assumed or feared inferiority to outsiders. No people can be expected to like another nation or race to hold superiority in terms of economic and military power. And when outsiders infect your children with desires for strange and different life styles, you, if you are trying to hold to traditional patterns, can become both hurt and annoyed. And when you feel that outsiders have considerable influence, if not control, over your economy, your foreign policy, your military



Although Muslims can be found in almost every country, this chart indicates only those nations with a Muslim presence of 2 percent or above.

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establishment and aspects of your domestic policies, you become both angry and afraid. That kind of reaction toward the West has been triggered again and again for a hundred years throughout the Muslim world. And it does no good to say: "They shouldn't feel that way." They do feel that way!

Second, there is the disillusionment with material "progress." Partly this is the envy of the have-nots who resent the fact that the West has so much more, by comparison, of the gadgets and conveniences of a consumer society. And there is a lot of resentment against the Westernized affluent elite of their own society who have so much more of these things than the great mass of their people can ever hope to have. Beyond such human reactions, however, there is now growing a real questioning of the materialistic goals of Westerners and of their own people who are judged to have been led astray by an excessive attraction to materialism. Especially among some of the intellectuals, among many of the idealistic university students, among many of the traditionally religious, there is a growing tendency to express doubts about the ultimate worth of the images of the "good life" they see in Hollywood films, in American and European television, in Western magazines and in the lives led by American technicians, businessmen and tourists they encounter in their midst.

"The truth is that many people in Arab society today feel a spiritual emptiness in their lives," a Western-educated Egyptian once said to me in his book-jammed study in Cairo while he sipped his imported Scotch whiskey. "There is a general breakdown in the old beliefs, a defiance of the old prohibitions, a willingness to take up new ideas—and yet . . . ." He paused a long time. "And yet," he continued, "there is a kind of emptiness, a kind of rootlessness, a feeling that we have lost something from our past that was valuable, that gave us a sense of purpose and identity. We are not attracted to Western expressions of religion, and many of us are no longer observing Muslims in the way our parents and grandparents were. Those who come along now and give a ringing call to reassert our spiritual and cultural traditions get a sympathetic hearing."

Islamic revivalism is in part Arab nationalism reborn, Iranian nationalism reborn. It is the defiant cry of people who want to be who they are, who want the world to recognize and respect them for who they are.

The challenge of statecraft is to find constructive ways to have honest dialogue about our differences and our similarities and to find ways to agree on the rights of all of us to be ourselves—and be different. Amiably.

What many people, Muslim and non-Muslim, can and do quarrel with is the use of terror and violence to advance any religious creed or to win adherents to any revolutionary ideology. The bloodiest of all wars, down through the centuries and involving many different faiths, have been the religious wars: Christians against Muslims, Protestants against Catholics, Muslims against Hindus. It has been easy for religious zealots, convinced that they and their fellow believers possess the one true faith, to undertake to punish, to conquer and even to destroy those of a differing belief. Even communism, which is essentially a kind of anti-God religion, has produced its warring factions: most recently the Cambodian communists backed by the Chinese communists against the Vietnamese communists backed by the Soviets.

But the Iran story is more complicated. When a religious revivalist upsurge comes to the fore with revolutionary political purposes, as is the case in Iran, and that revivalism coincides with a wave of leftist antireligious revolutionary activity, as is also the case, there is likely to be a long period of instability—with trouble for everybody. That is what has happened in Iran and what could happen in other parts of the Muslim world tomorrow.

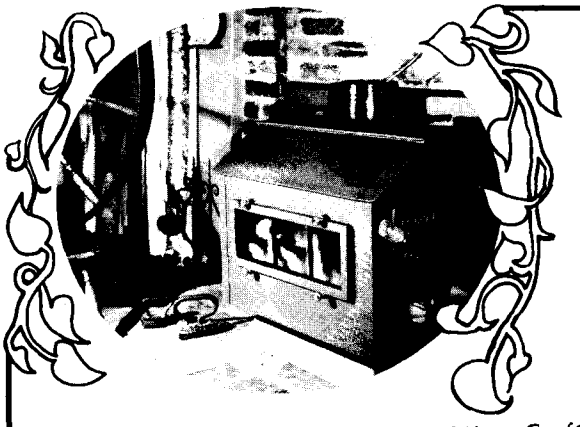
In that kind of chaotic situation there may not be much the United States can do to help bring a return to order and peace except to keep calm, and to wait, and to try to keep alive whatever friendly, peaceful communications we can carry on.

What Do Muslims Believe?

Followers of the Prophet Mohammed accept five basic obligations of belief and religious practice as the "Pillars of Islam":

1. Their confession of faith is simply the declaration, which they repeat again and again: "There is no god but Allah (God), and Mohammed is His Prophet." There is no detailed creed Muslims are required to adopt, but the Koran is accepted as the inspired revelation to Mohammed from God.
2. Regular prayer, five times each day, following a prescribed ritual, facing and bowing toward Mecca from wherever one may be.
3. Fasting each day throughout the month of Ramadan from the first sign of dawn until sunset.
4. Charity toward the needy through regular contributions from one's possessions to the support of the poor and "for the cause of Allah."
5. Pilgrimage to Mecca (called the Hajj) should be made by every adult sometime before he dies.

The religious beliefs taught by the Koran, starting with the central belief in the existence of Allah ("Ever Gracious, Most Merciful, Most Beneficient"), include the necessity for submission to the will of Allah, the power of prayer, the duty of kindness and concern toward one's neighbors, the Day of Judgment and life after death.



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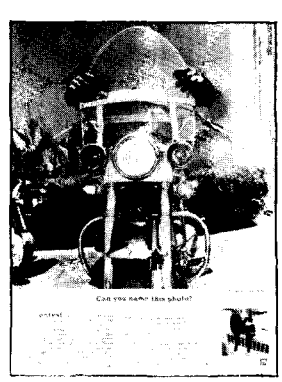
Our congratulations and a check for $100 go to June Martell of Nebo, Kentucky, for the winning entry in our May/June photo caption contest.

The motorcycle didn't like to boast
Though he really was faster than most.
He never was slowed
By too heavy a load,
For his rider was only a ghost



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Marijuana

continued from page 22

nabis. Studies have been done, however, which show a high incidence of bronchitis, pharyngitis, etc., among cannabis smokers, especially those who used the stronger varieties."

(In this context, it is interesting to note that in the oft-quoted "Ganja in Jamaica" study of 30 cane workers, lung cells were not analyzed. Furthermore, only healthy people were accepted for the study, thereby excluding those with chronic lung disease. In the words of Dr. John Hall, chairman of the department of medicine in Kingston, "Omitted were all cannabis smokers who showed pathological symptoms such as we see in our clinic." Among other "pathological symptoms" evidenced by long-term "ganja" smokers, Dr. Hall listed emphysema, an irreversible lung disease.)

The 1979 surgeon general's report on tobacco cigarette smoking contained some 30,000 research papers all bearing out the slogan: "The surgeon general warns that cigarette smoking is dangerous to your health." And, based on past statistics, the surgeon general said that "this year alone, cigarettes will kill 346,000 Americans."

Research on marijuana and the lungs is in its infancy compared to that on tobacco and the lungs. But, thus far, the findings are hardly reassuring. For example: Dr. Donald Tashkin, a specialist in pulmonary medicine at UCLA, found a 25 percent increased airflow resistance among pot smokers compared to non-pot smokers. (Airflow determines how well we can get oxygen into our bodies and how well we can get carbon dioxide out.) This was an abnormality which did *not* occur in heavy tobacco smokers.

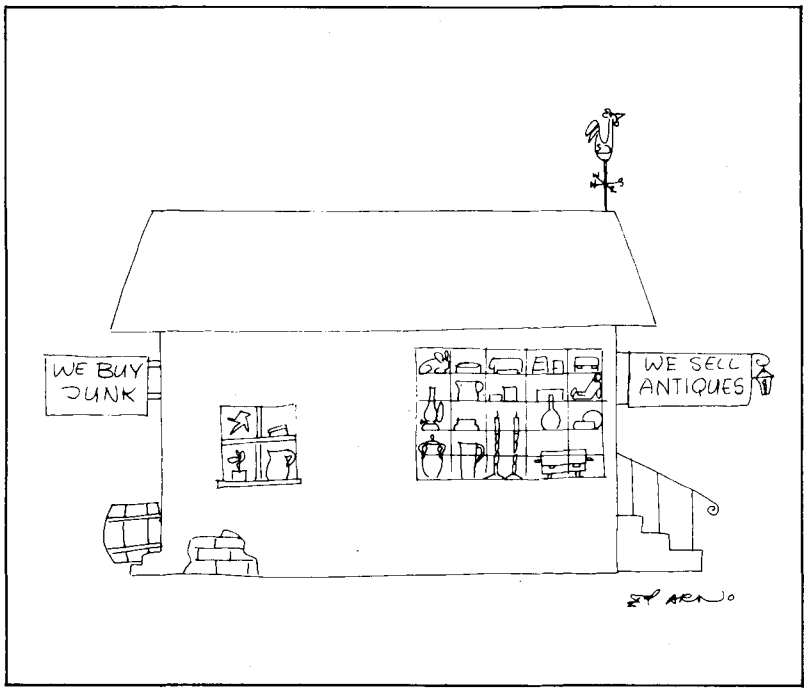
In studies published in February 1980, Dr. Gary Huber, director of the Smoking and Health Research Program of Harvard University, showed that marijuana activates—by some 200 percent—enzymes which contribute to the "eating" or digesting of the lung itself.

In animal studies where marijuana and tobacco smoke condensates are painted on mouse skin, both produce cancers.

A further gloomy point is that many pot smokers also smoke tobacco cigarettes, and the harmful effects may be additive. Dr. Cohen sums up: "There is real reason for concern that marijuana alone, or marijuana smoked with tobacco, will bring forth a new wave of lung cancer in another 10 to 20 years."

Many people who once believed marijuana to be harmless have now concluded that it may be the most dangerous drug in America today, for many reasons. One such person is Dr. Robert DuPont, chairman of the Drug Dependence Section of the World Psychiatric Association and former federal director of the National Institute on Drug Abuse.

Dr. DuPont says: "I believe it to be our most dangerous drug because of widespread frequent use, especially by our youth, and because the psychological as well as the physical effects are insidious and ultimately devastating. Furthermore, for millions of our youth, marijuana is the gateway to the use of many other illegal drugs, including angel dust, LSD and heroin.



"One of the most disturbing aspects of marijuana use is that the user's judgment about the effects of the drug is clouded by his or her own use of marijuana. If an enemy nation were to plan to undermine America's future, they could not think of a more effective strategy than poisoning our youth. Marijuana is such a poison. The tragedy is more painful because the poison is not being administered by an enemy, but by ourselves. Not only the marijuana-using youth, but all of us as well, must share the responsibility for this tragedy, and we must all participate in combating and overcoming this marijuana plague.

"The one hopeful sign on the horizon is the mobilization of concerned parents. They are distraught—sometimes terrified—by the effects of marijuana on their children. And they are angry at the "professionals" who make them feel that *they* are the problem, rather than the drug. These parents throughout the country are discovering each other and are forming action groups which are beginning to have a positive impact on their own children as well as on our local and national leadership. But parents can't do the job alone. Government, business, educators, media—all segments of our society—must join in a massive endeavor to stop our kids from going to pot."

What Parents Can Do

Three national organizations have spearheaded the movement for "combating" the marijuana plague. The pioneer group in this effort is the American Council on Marijuana, founded in 1977 by the Myrin Institute. On its board were the leading scientists in the field at that time. They developed the first accurate resource materials: scientific information on marijuana for the lay public. Their publication, *Marijuana Today*, by Dr. George Russell, was the first such compilation of medical findings and is now in its fourth updated edition, having sold more than 100,000 copies.

In addition, ACM has held three major conferences at New York University Medical Center and at Columbia University. The second of these, which focused on "Marijuana: Biological Effects and Social Implications," a two-day conference, was the largest gathering of scientists, drug-abuse specialists and educators ever to be held in this country. It was also the first lecture series on marijuana to be accredited by the AMA.

The second organization, also founded in 1977, was PRIDE—Parent Resources and Information on Drug Education—which now has active parent groups in more than 19 states. PRIDE has two main functions: One is to disseminate reliable medical information

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on the health hazards of marijuana (a "PRIDE Packet" is available to individuals and organizations); the second is to stimulate the organization of new parent groups, using a concept originated by PRIDE—that of developing parent peer pressure groups comprised of the parents of the children's friends (not the parents' friends—these parents may not even know each other) in order to combat teen peer pressure and the "do drug" messages of the "kiddie-youth-drug culture." In addition, PRIDE sponsors drug education and prevention conferences for schools, educators and parents to encourage them to work together to establish ongoing programs.

The third national organization, Citizens for Informed Choices on Marijuana (CICOM), whose staff helped plan Wellington's "Grass Roots Conference on Grass," has organized similar conferences from Connecticut to Washington.

Lee Dogoloff, White House drug policy advisor, supports the efforts of these groups, saying:

"I truly believe that our brightest hope for the future of hundreds of thousands of young people in the U.S. today is the burgeoning movement of parent/citizen groups now organizing in virtually every state of the nation. There are at this time thousands of adults all working toward the same goal—to see that our children grow up drug-free."

Marijuana Reprints

Extra copies of the two marijuana articles which have appeared in *The SatEvePost* may be ordered by enclosing check with order as follows:

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A list of places to write for additional information on combating the marijuana epidemic will be sent with each reprint order.

For reprints, write to: MEDICAL EDUCATION AND RESEARCH FOUNDATION, Box 2166, Indianapolis, Indiana 46202.

Speaking Out

continued from page 34

had they not needed to concern themselves with reelection.

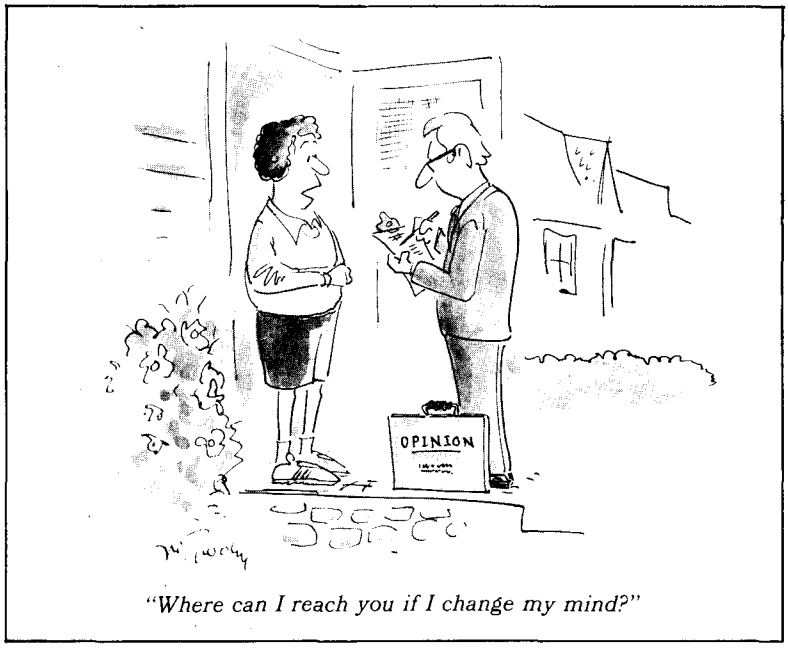
The likelihood of Congress taking the action necessary to send a Constitutional amendment to the states for ratification is slight. Although hearings have been held in the 96th Congress, no amendment has emerged and at this late date none will. No doubt, those who have supported the idea in this Congress will try again next year, but because of the seniority and the committee system, and the number of career politicians seeking to finish their productive years in the Congress, affirmative action in behalf of term limitation is not expected.

The most probable means of accomplishing term limitation is action by the state legislatures. Talk of a balanced budget was so much political rhetoric until more than 30 states passed resolutions calling for a constitutional convention to amend the Constitution to require balanced federal budgets. Only then did Congress take any steps to balance the budget, and its actions to date do not appear sufficient to ward off further calls by the states for the amendment.

Term limitation may not be the only answer, but it is one sound idea for solving a problem for which no other solution has been proposed. If there are other solutions, let their sponsors come forward. If not, let us refine this concept rather than waste time debating why it will not work.

There is no single term-limitation proposal which has the support of all advocates of the idea. The Foundation for the Study of Presidential and Congressional Terms has not even issued its final recommendation on the feasibility of the concept.

Because there is no doubt that action must be taken to replace professional politicians with those more closely associated with the mainstream of American society, we believe term limitation merits careful study. We urge it be considered, debated, improved, refined—even rejected in favor of a better alternative if one can be identified. The goal must be to return control of our government to us—we, the *people* of the United States.



"Where can I reach you if I change my mind?"

Sonar

continued from page 31

patient lies on her back with a water-filled bag over her breasts. The sound transducer is placed within the bag and moved over the breasts. The water is necessary as a medium to keep the high-frequency sound waves from being dissipated in the air.

With some commercial instruments, such as those being used at Mt. Sinai Hospital in Miami and at the University of Colorado Medical Center, the patient lies on her stomach with her breasts immersed directly in a water-filled trough. The water is warmed, so there is no "cold stethoscope" shock. In these units, the transducers are located in the water below the breasts and are activated automatically by a computer. The whole scan takes about 9 minutes, the entire breast examination less than 15 minutes.

Doctors can view the resulting breast pictures on small television screens and can record the scans on video tape for future reference.

Ultrasound breast examination is still, by far, the exception rather than the rule for America's potential breast cancer victims, which now include one out of every 11 women. The recipients of breast scans still number only several thousand across the U.S., and the question still remains: Will ultrasound live up to its apparent potential for mass cancer screening, and, if so, how long will it take?

Continued on page 136

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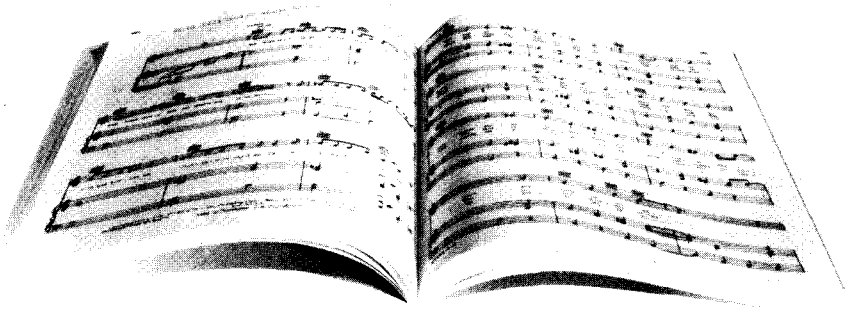

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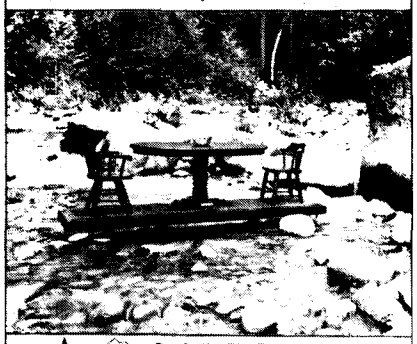

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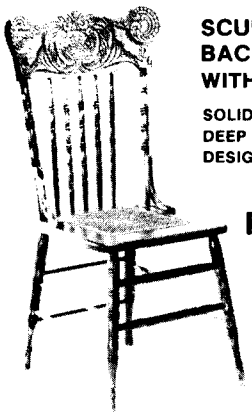

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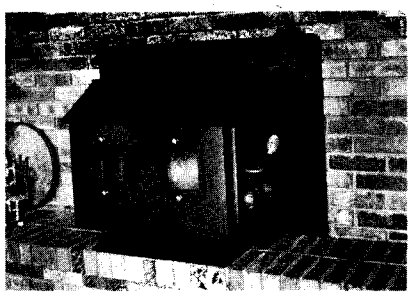

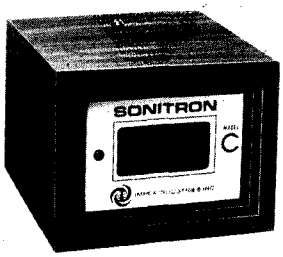

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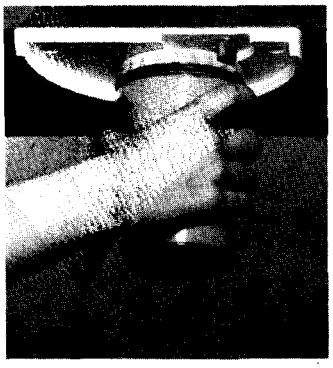

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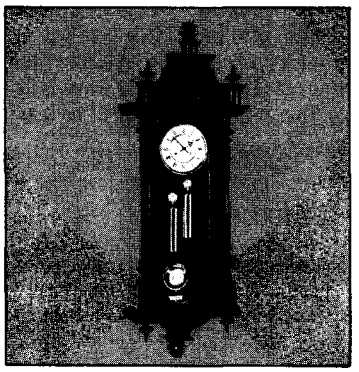

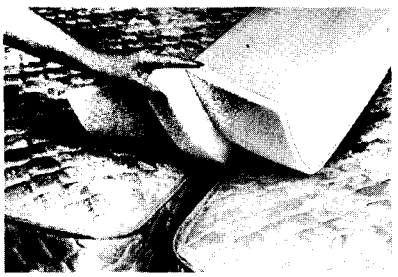

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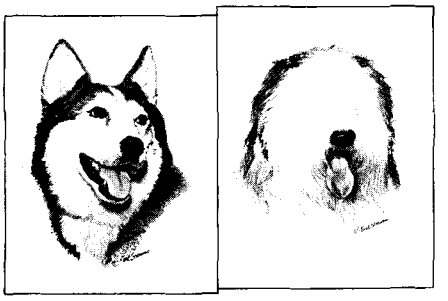

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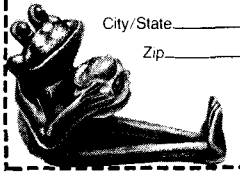

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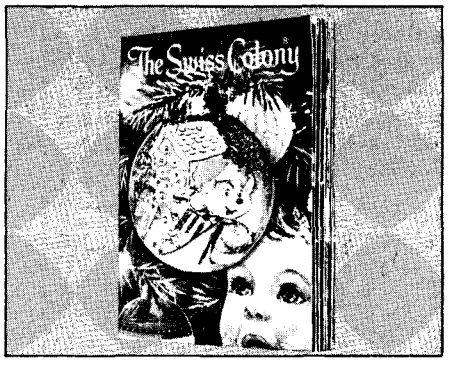

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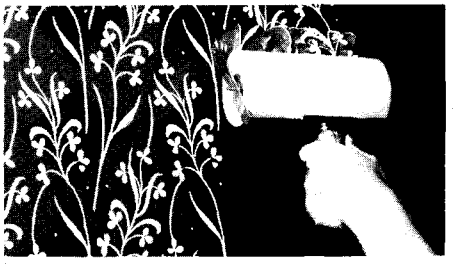

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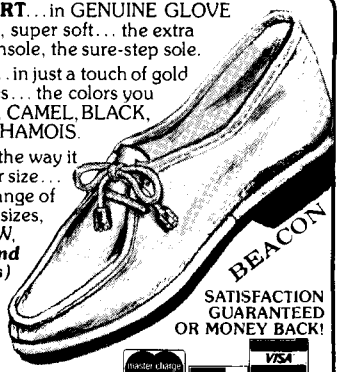

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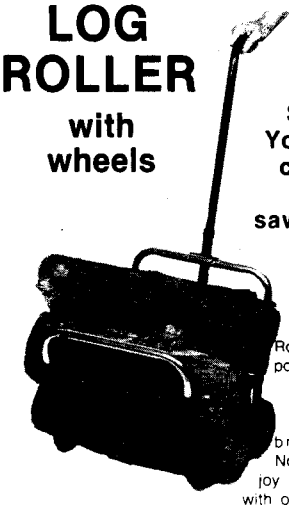

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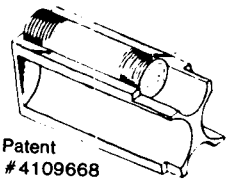

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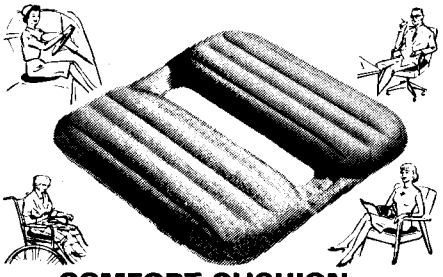

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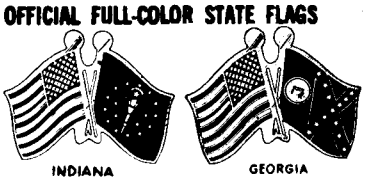

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Norman Rockwell

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And it seems to come even more alive through this dynamic three-dimensional porcelain recreation. You can feel the sense of pride and accomplishment in the toymaker's face—the look of wonder in the little girl's expression ...

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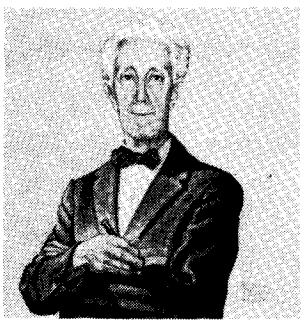

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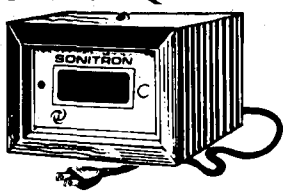

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Red Sox

continued from page 79

consecutive years (1948 and '49) they lost pennants in the season's concluding game. In 1972 they lost the pennant by one-half game. Six years ago they flung away a seven-game lead in the season's last five weeks. Even in 1975, amid the most riveting World Series ever, the Red Sox yielded a three-run lead in the deciding encounter, bowing, 4-3, on a blooper single by Cincinnati's Joe Morgan in the final inning of the final game. Memories of the club's most infamous debacle, the historic Collapse of 1978, when the Red Sox led New York by 14½ games in mid-July and *still* lost, will endure far into the 21st century. "Often those clubs that are the most frustrating also possess the most magic," says Bowie Kuhn, the commissioner of baseball, "and probably no one is more frustrated than Red Sox fans."

Since 1918, when the Red Sox last won the World Series crown, the club's mosaic has been checkered and bizarre. To be sure, few teams' leading lights have been more electric. Ted Williams, performing for the Sox from 1939 through 1960, strode across his game like a colossus. Ditto for Yastrzemski, now in his 20th season as a New England demigod. The club's buffoonery has been equally outrageous. Who could forget the immortal double-play combination of Don Buddin and Pumpsie Green, perhaps the most bungling shortstop-second base duo to ever haunt the major leagues? Or the slings and errors of Dick Stuart, so bad a first baseman that he was nicknamed "Dr. Strangeglove"? The Red Sox seasons have been eventful and uproarious, stirring and infuriating—but never dull. Small wonder that interest has seldom flagged or controversy abated.

During the last several years, despite pitching staffs with more holes than Jimmy Carter's game plan for the economy, Red Sox fever has become an epidemic. Encamped in a park whose seating capacity is 33,536, less than *half* that of Cleveland's Municipal Stadium, the Sox nonetheless lured more than 2.3 million patrons in 1978, among the highest totals in the history of the American League; last year's figure was 2,353,106, the circuit's fourth-best all-time sum. Meanwhile, Boston's radio/television ratings, always high, have soared beyond comprehension. "My husband and I want our vacation to be in Maine," a Boston resident advised the Red Sox flagship TV station last July, "but he says he won't go unless Sox games are on the tube up there, too. Are they?" As that husband watched a score of games on the Red Sox television network, thousands of other viewers followed suit.

Two years ago, in a regular market which extends from Cape Cod to Vermont, Red Sox games attracted a 34 percent share of the total television audience, outflanking all three major networks. At times last season, the statistics were still higher; during numerous games Red Sox contests lured 70-plus shares, an almost unheard-of feat. On radio, over stations from Portsmouth, New Hampshire, to Providence, Rhode Island, and from Provincetown, Massachusetts, to Peggie's Cove, Nova Scotia, the numbers are even more impressive.

"It's a folk team," says Ned Martin, long-time Voice of the Red Sox. During the late 1970s, while the club alternately surged and stumbled, Sox-watching became a nationwide phenomenon. If the team ever makes the World Series, it may become a nationwide craze.

Concede the obvious, then, fans of the Dallas Cowboys. As the 1980s dawn, your darlings are no longer "America's (Only) Team."

"The big story today is that a major part of California has slid into the Pacific Ocean, but first this encouraging word for hemorrhoid sufferers..."

Glass Eye

continued from page 81

decided that I was dealing with nothing more than a big old harmless whole onion.

What I didn't know was that that big old harmless whole onion must have bypassed the soup kettle by rolling off a shelf and splashing into my dish at the last minute. One tentative pry with the sharpest spoon in my collection and that vegetal Evel Knievel went hurtling over the side, banked off my neighbor's—the one still in a huff over the salad mix-up—bread-and-butter plate and rolled over to an oasis of evergreen shrubbery in the center of the table.

Good riddance. And anyone with the sense God gave a goose, as the saying goes, would have left it there. But there is something in my genes, some ageless streak of asininity, that won't let me disappoint an audience. And by now, I had a dandy.

Out-and-out slob or not, sometime *you* try capturing a whole raw onion in your spoon on an open field like that. I'll bet you end up doing just what I did, which was chasing the damn thing right into my neighbor's lap—crumbs, lint, pine needles and all.

Here again, because the etiquette writers fail to look far enough down their noses, this poor dear was at a loss as to what to do with it. If only someone would have laid down the rule: "When the man to your left chases an onion into your lap, simply work it into your purse and take it home. Under no circumstances pick it up in your napkin like a dead frog and hand it back to him." Which is what she did.

I stuck it in my pocket and took it home.

As to the glass eye in the tapioca, I've had second thoughts. Besides not wanting to spoil your appetite, what are the chances you will ever be confronted with one? Or a pit in the cherry pie, a pebble in the baked beans or a whole raw onion in your soup, for that matter? A thousand to one? Million to one? Keep going. Actually, the number is unlimited—if I'm sitting at the same table. Because chances are one to one that I will be the one.

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FOOD

IF YOU KNEW BEANS

Besides providing important minerals, vitamins, fiber and iron, did you know that beans, "the poor man's meat," supply more protein at less cost than any other source?

At one time beans were held in great respect. Lentils (cousin to the bean, once removed) were eaten by the Egyptians more than 4,000 years ago. Esau even sold his birthright for a mess of them. More recently "using the old bean" became a favorite expression for making a smart move, while baseball pitchers threw a "bean ball" to discourage overly enthusiastic batters from crowding the plate.

But beans have fallen on hard times. This maligned legume has now become the number-one foil in jokes, graffiti, limericks and burlesque plots. It's time someone stood up for these healthful victuals and went on record with scientific evidence that the little rascals do more good than harm.

Anyone who has in his ignorance contributed to the deflation of the bean take note: A distinctive feature of the bean family is the ability of the plant to take in nitrogen from the air and use it to build protein in the seeds. This process makes beans one of our top high-protein foods, matching meat in this respect but without the high saturated-fat content.

Beans do, however, contain a high proportion of carbohydrates, which give you that full feeling after you have eaten a bean meal. Luckily, this full feeling comes with only about 250 calories per cup of beans. But this same full feeling also may evoke the discomfort of gas or flatulence. This occurs when bacteria normally found in the digestive tract react with certain chemical compounds in beans. Some of these compounds are water soluble and will be partially removed by discarding the bean soak water rather than using it for cooking the beans. A small amount of vitamins and minerals is also lost in throwing out the soak water, but if it's a choice between losing a little vitamin B_{12} or being so full of gas you could open a Sunoco station, the nod might well go to sacrificing the B_{12}.

We recommend that every kitchen have an up-to-date cookbook containing plenty of bean recipes. One of the better ones we've seen is HPBooks' new *Bean Cookery* by Sue and Bill Deeming. This colorful paperback shows how to serve fantastic beans—from snacks and pizzas to elegant soups and gourmet casseroles. We're pleased to share several of their more than 200 tested recipes with you.

Vegetable Beef Soup
(8 servings)

1 cup dried baby lima beans
Water for soaking
1 pound beef shanks or meaty soup bones
9 cups water
4 beef bouillon cubes
6 peppercorns
1 celery rib with leaves, chopped
1 bay leaf
1 medium onion, sliced
⅓ cup uncooked barley
2 carrots, sliced
1 cup shredded cabbage
1 medium tomato, peeled, diced
1 cup fresh green beans, cut in 1-inch pieces
1 turnip or parsnip, diced

Sort and soak beans. While beans are soaking, prepare stock. In a 4-quart pot, combine beef shanks or soup bones, 9 cups water, bouillon cubes, peppercorns, celery, bay leaf and onion. Bring to a boil; reduce heat. Cover and simmer 2 hours. Remove beef shanks or soup bones. Cut meat from bones and discard bones. Dice meat and set aside. Strain stock, discarding vegetables, peppercorns and bay leaf. Return stock to the pot. Drain beans; discard soak water. Add soaked beans and barley to stock. Bring to a boil. Reduce heat. Cover and simmer until beans are tender, about 1 hour. Add carrots, cabbage, tomato, green beans and turnip or parsnip. Add diced beef to soup. Simmer another 30 minutes.

Lamb & Lentils
(4 servings)

1 tablespoon vegetable oil
4 cross-cut lamb shanks, about 1 pound
2 garlic cloves, minced
½ cup chopped carrot
½ cup chopped celery
1 bay leaf
½ teaspoon dried leaf thyme
½ cup water
Pepper to taste
1 cup dried lentils
1 medium onion, cut in quarters
1 sliver lemon peel
2 cups water
Fresh parsley, if desired
Lemon peel

Heat oil in a large skillet with a cover. Brown lamb on both sides in hot oil. Add next 7 ingredients. Cover and simmer until lamb is tender, about 1 hour. Add more water if necessary during cooking. While lamb is cooking, sort and rinse lentils. In a medium saucepan, combine rinsed lentils, onion, lemon peel and water. Bring to a

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For people who want to cut down on fat in their diets, beans are made to order. Both barley and dried lima beans add plenty of nutrition to this vegetable beef soup.

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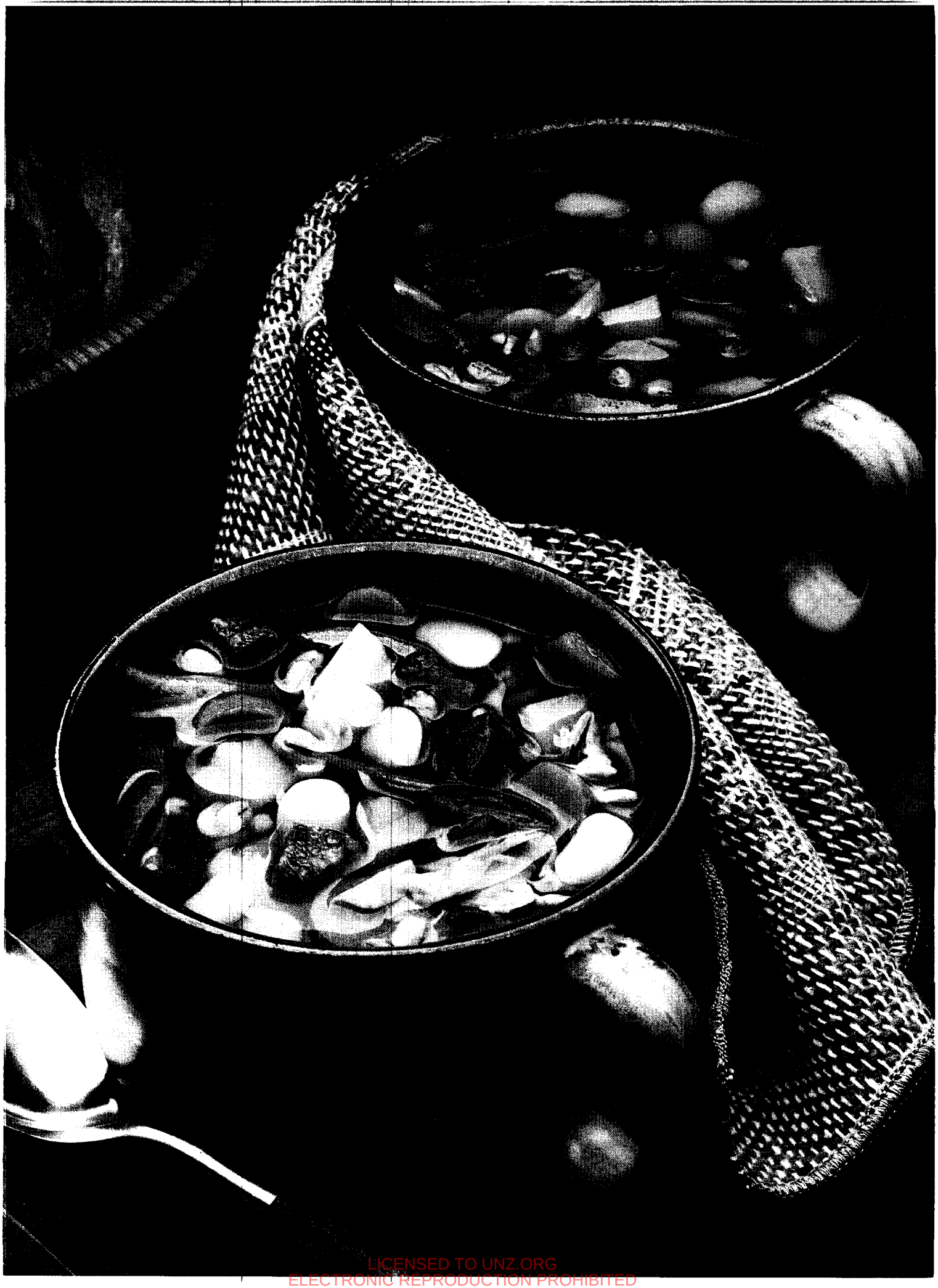

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boil; reduce heat. Cover. Simmer until lentils are tender, about 45 minutes. Remove onion and lemon peel; discard. Preheat oven to 350°F. When lamb is tender, remove from skillet and set aside. Stir lentils and cooking liquid into vegetables in skillet. Pour mixture into 2-quart casserole; top with cooked lamb shanks. Bake uncovered 30 minutes.

Stuffed Zucchini

(4 to 6 servings)

1 cup dried soybeans
Water for soaking
3 cups water
1 tablespoon vegetable oil
1½ cups cooked brown rice
3 green onions, sliced
¼ cup chopped fresh parsley
¼ teaspoon pepper
1 cup water
4 medium zucchini
2 tablespoons butter or margarine
1 cup fresh fine bread crumbs
¼ cup toasted sesame seeds or hulled sunflower seeds
4 slices processed American cheese

Sort and soak soybeans. Drain soybeans; discard soak water. In a medium saucepan, combine soaked beans, 3 cups water and oil. Bring to a boil; reduce heat. Cover and simmer 3 hours. Add water if necessary during cooking to keep beans just covered. Cooked beans will still be quite firm. Prepare rice. Drain soybeans, reserving ½ cup cooking liquid. Coarsely mash soybeans with a potato masher, adding reserved cooking liquid. In a medium bowl combine mashed soybeans, rice, green onions, parsley and pepper. Preheat oven to 350°F. (175°C.).

In a medium saucepan, bring 1 cup water to a boil. Add zucchini. Cook 5 minutes. Drain zucchini on paper towels. Cut each zucchini in half lengthwise. Scoop out centers, leaving a ¼-inch shell. Chop zucchini centers and add to beans and rice. Arrange zucchini shells in a 13" x 9" baking pan. Fill shells with soybean mixture. In a small skillet, melt butter or margarine. Add bread crumbs. Stir constantly over medium heat until bread crumbs brown. Add seeds. Stir 1 to 2 minutes longer. Sprinkle bread crumb mixture over stuffed zucchini. Cut each cheese slice in half diagonally. Place 1 cheese triangle on each stuffed zucchini half. Bake uncovered 30 minutes.

Bean Purée

(2 cups)

1 cup dried large lima beans, Great Northern beans or pinto beans
Water for soaking
2½ cups water
1 tablespoon vegetable oil

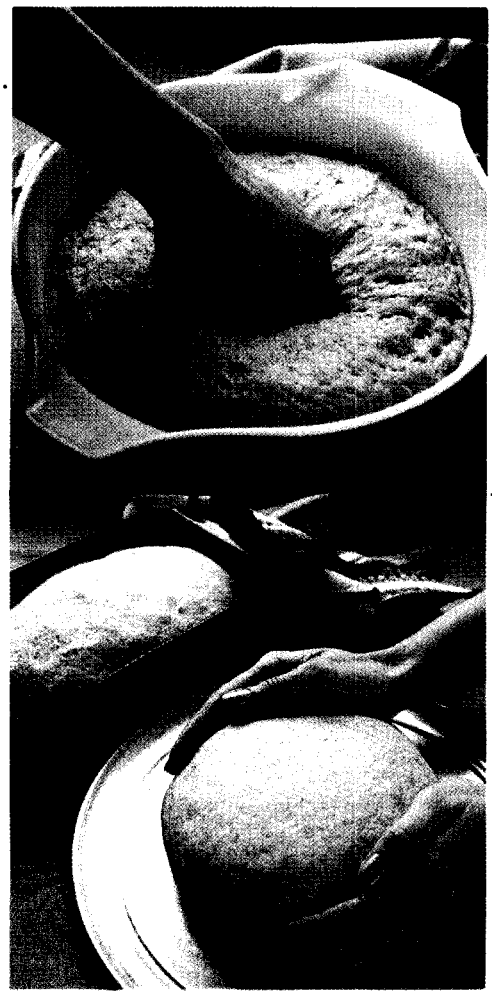
Sort and soak beans. In a medium saucepan, combine drained soaked beans, 2½ cups water and oil. Bring to a boil; reduce heat. Cover and simmer until beans are tender, 1 to 1½ hours. Drain beans, reserving cooking liquid. Put 1 to 2 cups beans in blender with ¼ cup to ½ cup reserved cooking liquid. Blend on medium speed until smooth, stopping blender occasionally to scrape sides and stir purée up from bottom. Bean mixture should circulate slowly.

Pinto Wheat Bread

(1 loaf)

1 cup Bean Purée made with pinto beans
1 cup lukewarm water
1 tablespoon honey
1 package active dry yeast
2 tablespoons vegetable oil
2 cups whole wheat flour
¾ to 1½ cups all-purpose flour

Prepare Bean Purée. In a large bowl, combine water and honey, stirring to mix completely. Dissolve yeast in honey-water mixture. Let stand until foamy. Stir in Bean Purée and vegetable oil. Add whole wheat flour. Mix well. Stir in all-purpose flour until dough is stiff. Turn out onto a lightly floured surface and knead until smooth and elastic. Return dough to bowl. Lightly butter top of dough and let rise until doubled in bulk. Grease a 9" x 5" loaf pan or baking sheet. Punch down dough and knead 3 to 4 times until easy to handle. Shape into a loaf. Place in loaf pan or on baking sheet. Cover and let rise until doubled in bulk, about 45 minutes. Preheat oven to 350°F. (175°C.). Bake bread until golden brown, about 50 minutes.



Pinto Wheat Bread is greatly improved in flavor, texture and nutritional content by the addition of puréed beans. When the bread dough has risen to double its original bulk, press your fist into the risen dough to punch it down. Then remove the punched-down dough from the bowl.

After kneading on a lightly floured surface, shape the dough into a smooth loaf by pulling the sides and edges under while pressing into the desired shape. Whole grain breads made with puréed beans will retain their moisture and freshness for as long as four or five days.

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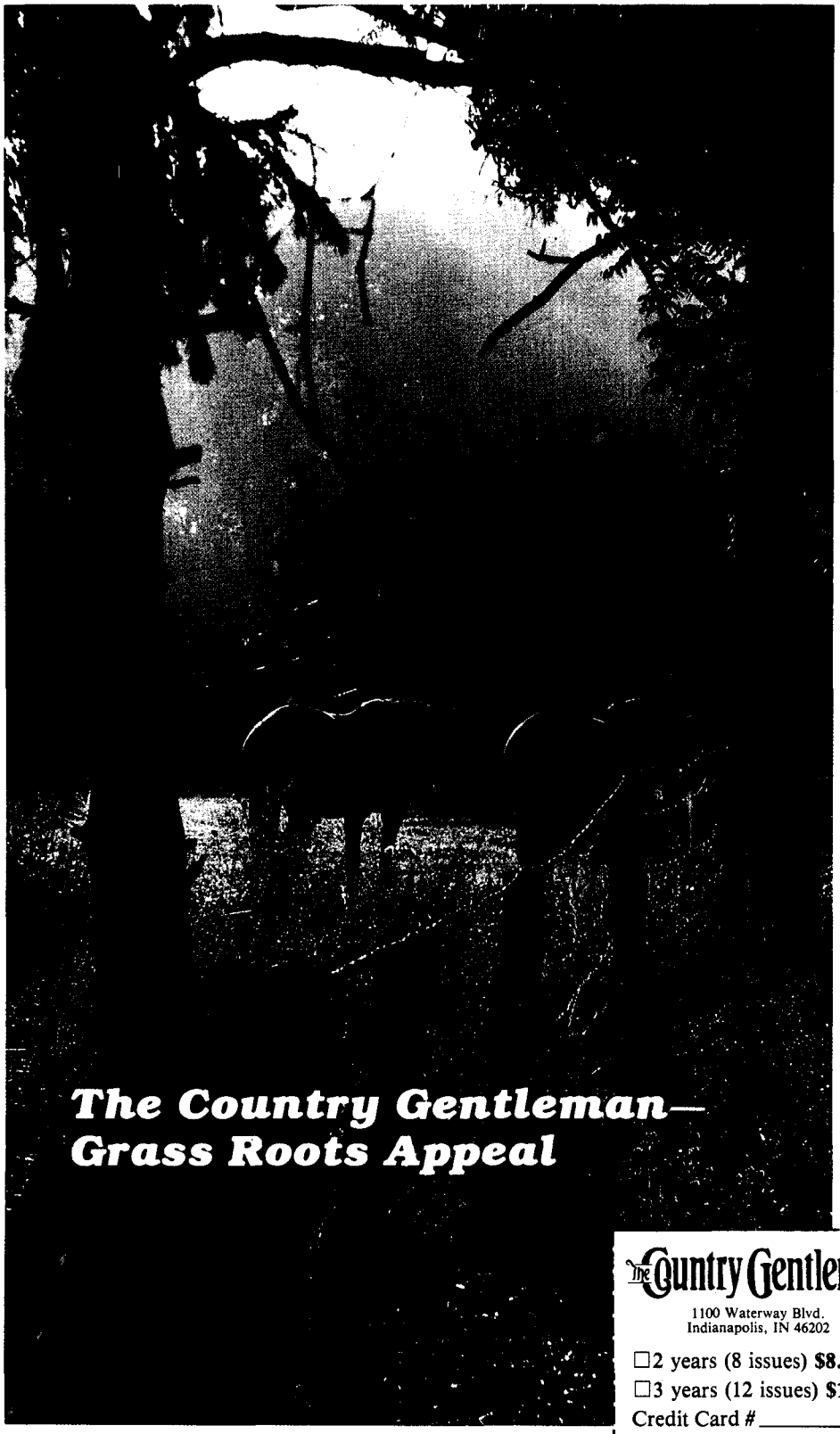

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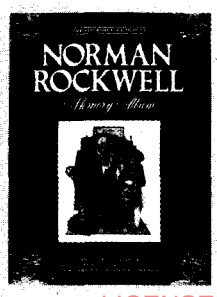

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Bombeck

continued from page 50

so as not to take advantage. You see, I accepted a job years ago and I owe it a lot."

She is equally at ease speaking of her relationship with her children. "I hit every single base [with them]; I was there." Her columns, she says, never invade family privacy. "My 'kids' [in the column] are faceless, general kids," she says. As for her own children's reactions, she shrugs. "We really don't talk about me or my career much. This is my own little thing and if the kids want to go along with it, fine. They don't have to if they don't want to. It's not what they bargained for."

Bombeck recalls that on the day she was asked to syndicate her then Dayton, Ohio, humor column, her children looked up after the excited announcement and asked, "Does this mean you won't be around to drive us to school any more?" The public lady turns this into a hilarious anecdote, but the private person says: "Women, instinctively, take from themselves first. Our children need less of us than we might think. It's just second nature for women to do things like always take the bent fork. Where is it written that a mother gets the bent fork?"

Erma's been dishing it out regularly to her readers for years. "I write on demand. Every Thursday or Friday three columns must go out, and [TV] scripts must be sent two weeks before I tape them."

Who would have thought that the club and social reporter for the Dayton paper would become a national symbol? She chuckles. "Not long ago I was with [talk-show host] Phil Donahue in Chicago. We used to live across the street from each other years ago. It's such a kick. He's as amazed as I am. After all, neither of us ever thought anyone would want our autographs on anything except a check. Of course, the worst part of fame is when someone drags you up to a friend, exclaiming, 'Look who this is!' and the friend doesn't know."

That's unlikely to happen to Bombeck. Since she began her regular stint on "Good Morning, America," her face is as familiar as her wit. In truth she is what she appears on TV: a no-frills lady who has tailored taste and lots of tops (because the television cameras show her only from the waist up).

She's also a thoughtful and kind neighbor and has a hometown reputation as a person who finds time to give parties for special friends and to take her mother to lunch. She responds to this compliment in true Bombeck style: "I started the rumors. I go into a supermarket and whisper, 'Erma is such a nice person.' "

But don't be fooled by the sweet, short, witty exterior. It hides a dynamo of strong feelings. She is 100 percent behind the Equal Rights Amendment, traveling hundreds of miles, speaking anywhere—in elevators, laundry rooms, wherever people will listen—in favor of ERA ratification. She also solicits local support for Sojourners' Center, shelters for battered wives and children located throughout Arizona. And she is a member of the President's Advisory Committee for Women, a select group that deals with issues relating to the status of women. Bombeck doesn't just lend her name, she gets involved.

"Good afternoon, Mrs. Willig? I'm Daniel T. Stocker of Stocker, Hargrove and Loomis, and I was wondering if Mr. Willig could come out and play."

But she'll never celebrate her causes in her columns. She avoids all types of controversy, explaining that whenever she has a doubt about a subject, she'll scratch it. It's sometimes hard to keep it clean, she says, but she's proud that there's nothing in her columns she wouldn't want her children to read. As for her free and easy, almost elementary, style, she concedes that it takes work: "I purposely break down the big words; I want to make sure that everyone gets it." She'll rewrite any special assignment—within reason—for clarification, although she still smarts from the comment of an erudite, intellectual editor who sniffed that a phrase was "too Bombeckian."

"That's who I am," she says hotly. "I know I'm on safe ground with dirty bedrooms and laundry, things people can relate to." Recently Bombeck has broadened her range with rousing success. "I've undergone a transition. I'm into new things. I'm writing from a different vantage point now, not dealing with motherhood constantly. The status of women has broadened my horizons. It's been great for me."

And yet her creative stimulation continues to be the family. Gazing out her picture window, she muses: "Families and kids don't change. Marriage doesn't change. People have been lulled into thinking that there's more to living than there is. There isn't. Marriage doesn't change you. It's a condition when a man and woman are fond of each other and believe they can tolerate each other and want to share things. Human nature just doesn't change. For instance, if you don't smile now, you won't in your old age."

Thanks to Erma Bombeck, millions of people have more to smile about. Her acute observations of the human condition keep her audience in stitches. She mirrors the lives of real people by laughing at herself. She's a person who continually battles the bulges and says, looking at her legs and hips, "I carried my babies low."

She appears cool and together, but her mental recorder never stops taking notes on life. Her commentary, when she plays it back through television and print, knows no age barrier. She is a woman for all seasons, a person who has the rare ability to touch human nerves, to inject wit and wryness into the routine, to lift love and laughter out of the mundane.

What's next? She has no plans for another book but is considering writing for TV—a situation comedy or special: "I know I'll stick my neck on the line, but I remember Woody Allen's comment that if you're not failing at something you're not doing anything. That's what creativity is all about."

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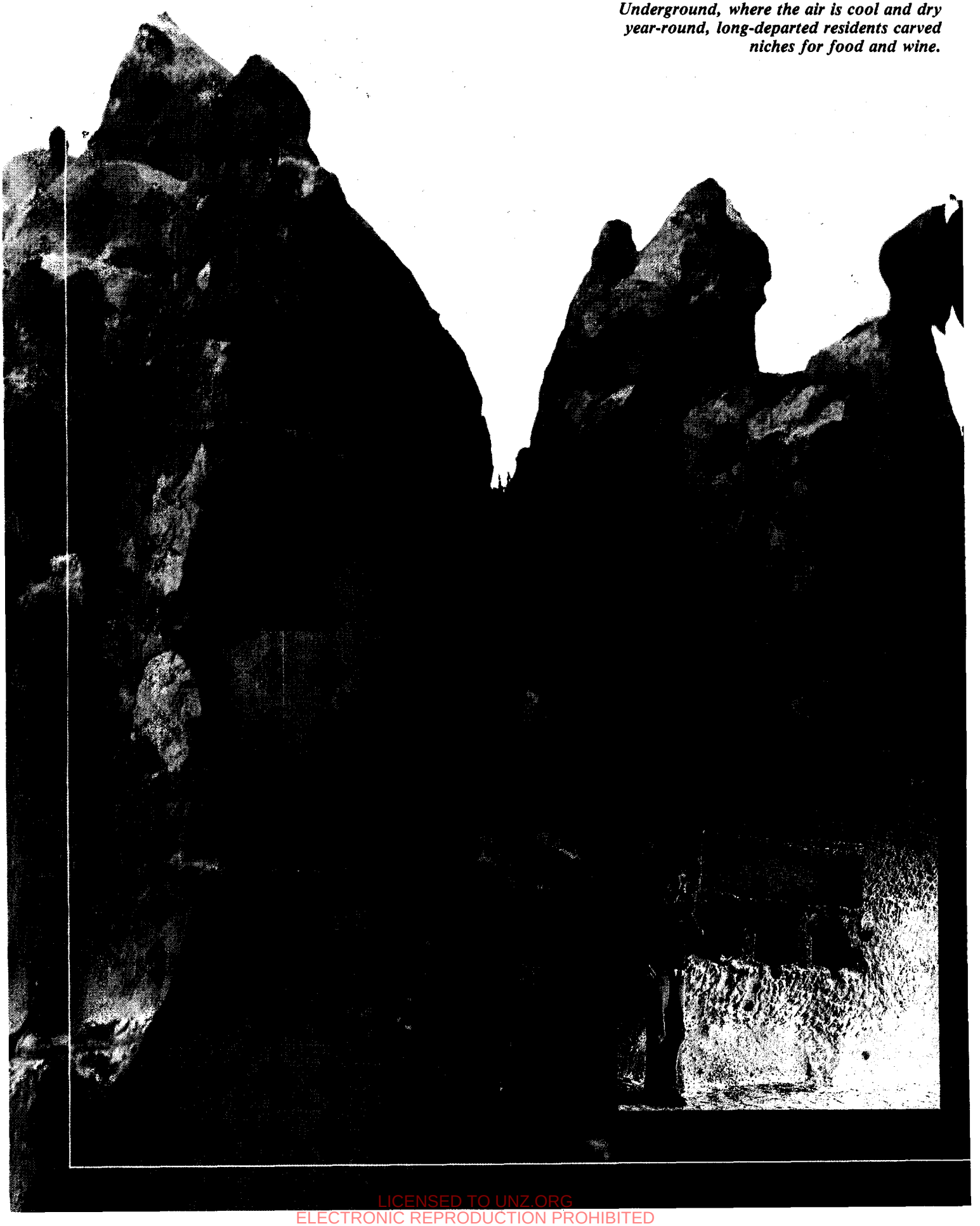

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Cappadocia:

Turkey's Rock Haven

Somewhere between [illegible] A Star Trek adventure and Tolkien's land of The Hobbit lies the phantasmagoric earth-moon-scape of Cappadocia. Eons ago, successive eruptions of two long-dead volcanoes, Mt. Erciyes Dagi and Hasan Dagi, covered [illegible] of Turkey's central Anatolian plateau with soft, so-called tuff, a soft volcanic [illegible]. The tuff was then carved and solidified, and then was left for rivers and winds and rains to script and scour away the softer layers. In their wake, the elements left [illegible] and surreal forms that dazzle the eye and fuel [illegible] imagination.

In one valley, [illegible] by a long-forgotten people, [illegible] and turbaned soldiers. In the next stands [illegible] intergalactic stone missiles, some as high as 100 feet, poised for launch. In yet [illegible] rapped [illegible] shroud [illegible] nearly [illegible] purify, [illegible] hillsides are honeycombed [illegible] by man, perfect [illegible] dwelling [illegible] as early as [illegible] B.C.

Cappadocia [illegible] which [illegible] from [illegible] Sea to [illegible]

by Barbara Kraus

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tains. Today, it is the region loosely bounded by Aksaray, Nigde and Kayseri, lying approximately 250 effortless kilometers southeast of Ankara.

Since ancient times, Cappadocia has been bisected by a main trade route between East and West. Its history is an echo of great civilizations past, some sitting atop the one before. The Assyrians gave the region its name—Katpatuka—which has been slurred into the present pronunciation.

Smart-stepping children beat a rhythm of democracy on Youth Day, May 19. Turkey's favorite holiday, Youth Day commemorates the revolution that ended hundreds of years of Ottoman rule.

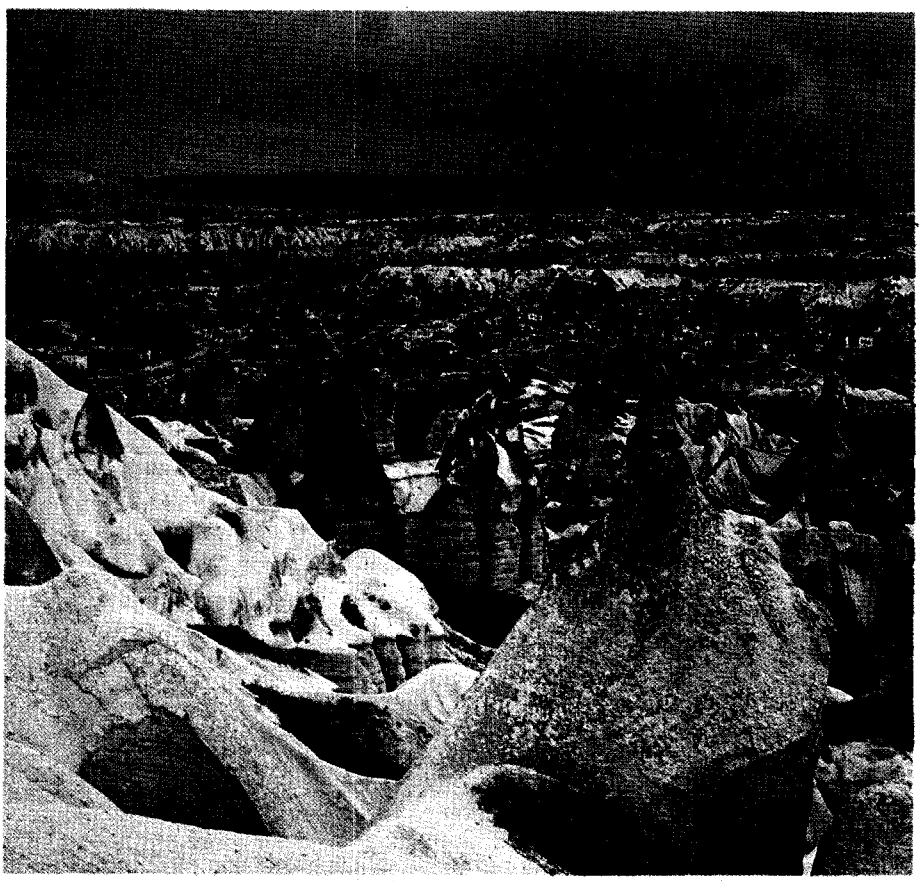
On our first morning, we head straight for the rock churches and houses of Goreme, stellar attraction in Cappadocia. Along the way, our scholarly private guide and driver gives us a briefing.

"This area really sprang to life when the early Christians came and built their rock churches and the surrounding communities. Some were mystics, like St. Basilius, but many were seeking safety from Roman persecution. In the 7th century, Christians, together with Turks who had embraced Islam as they migrated from the East, sought refuge from Arab raiders. In the 13th century, mystics came again, but this time they were Islamic Seljuk Turks."

Standing on a bluff at Goreme's open-air museum, we behold a riveting sight. A spring-green, Grandma Moses valley floor undulates with poplars and olive trees, alfalfa patches and vineyards, apple and cherry trees. Encircling it are golden hillsides riddled with gaping holes, entrances to the famed rock churches and houses.

In this buff and emerald world, a veiled and baggy-panted woman bends gracefully to the soil, while a barefoot lad leads a goat up a nearby path. It is easy to envision the early occupants of this peaceful valley, robed and sandaled in the biblical manner, padding about from garden to church. I have the overwhelming feeling of being whisked back in time.

Cappadocia's earliest inhabitants were the Hittites, who settled near Nigde and Nevsehir in the third millenium B.C. About the same time, Assyrian merchants were conducting a flourishing commerce along a caravan route where today a smooth macadam unfurls. Hulks of centuries-old caravanseries loom by the roadside, their magnificent portals still standing.



No housing shortage here: Families in the Avcilar Valley stake out their cone-shaped homes and then add extra rooms onto the fronts. Animals find shelter in smaller cones, while traditional houses are raised in between.

Anatolia's oldest historical documents, the Cappadocian tablets, which date from 2000 B.C. and are written in Old Assyrian cuneiform, speak shrewdly in 20th century language of "letters of credit" and "risk insurance." In the 6th century B.C., the Persian Empire imposed feudalism, while later, Alexander the Great imposed Hellenism, spreading the Greek language and culture before the Romans entered the scene.

Then, for a thousand years, from the 4th to the 13th centuries, Cappadocia was part of the Byzantine Empire. Later came the Seljuk Turks, who in turn were replaced by the Ottomans. Christians and Turks had always lived together in peace, the Turks in the towns, the Christians on the outskirts. With the population exchange in 1924 between Greece and Turkey, the Christian communities finally departed, leaving behind their

Continued on following page

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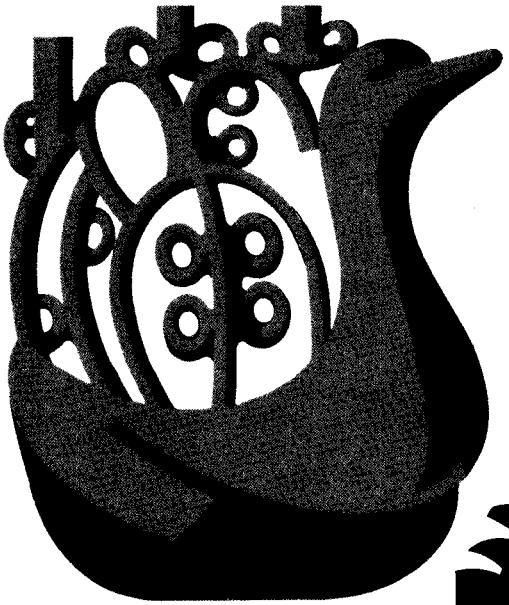

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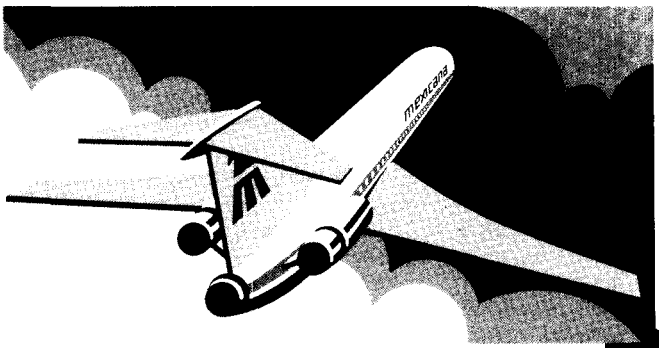

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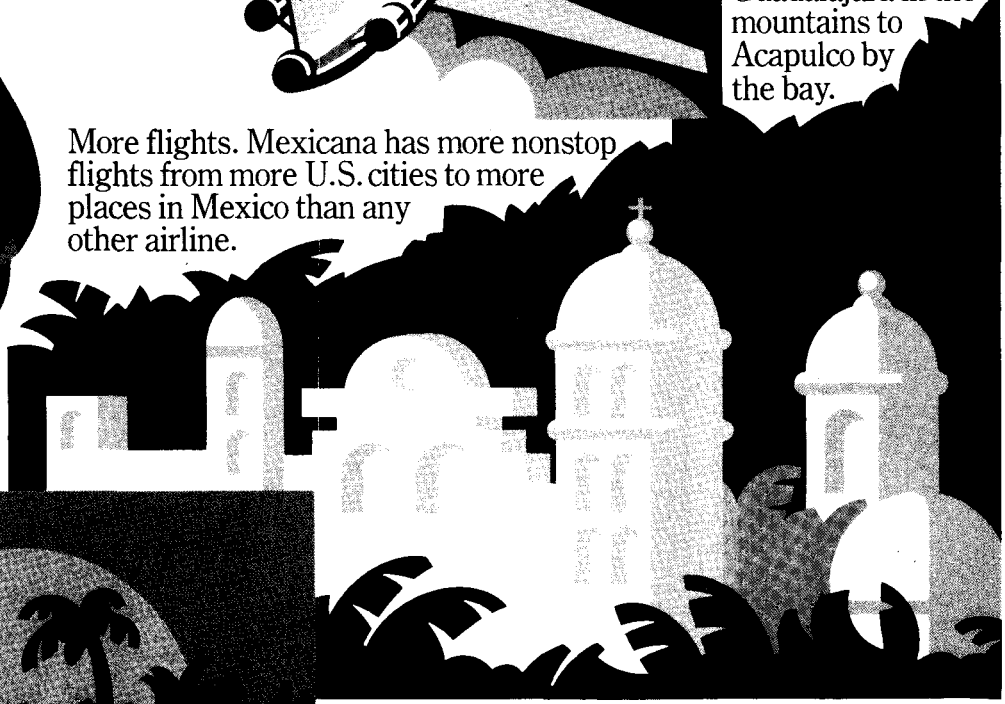

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incredibly rich heritage.

Memduh, our guide, interrupts my musings. "The little cubbyholes you see on the face of the cliffs are pigeon roosts. Their guano is collected, in the ancient way, and used for fertilizer. But come, let us visit the churches."

Of the seven churches at the museum—there are hundreds in the region—the most dramatic is Karanlik Kilisi, appropriately named the Dark Church. Memduh aims his flashlight at the satin-smooth domes, shedding light on breathtaking frescoes depicting scenes from the life of Christ: His birth, baptism by St. John, ascension, the Virgin Mary astride a donkey, the Last Supper and the Crucifixion. Done in rich reds, golds, whites, blues and magentas on a slate-blue ground, they are unmistakably Byzantine in style. It is thought they were done by itinerant Greek artists who trained in Byzantium, present-day Istanbul.

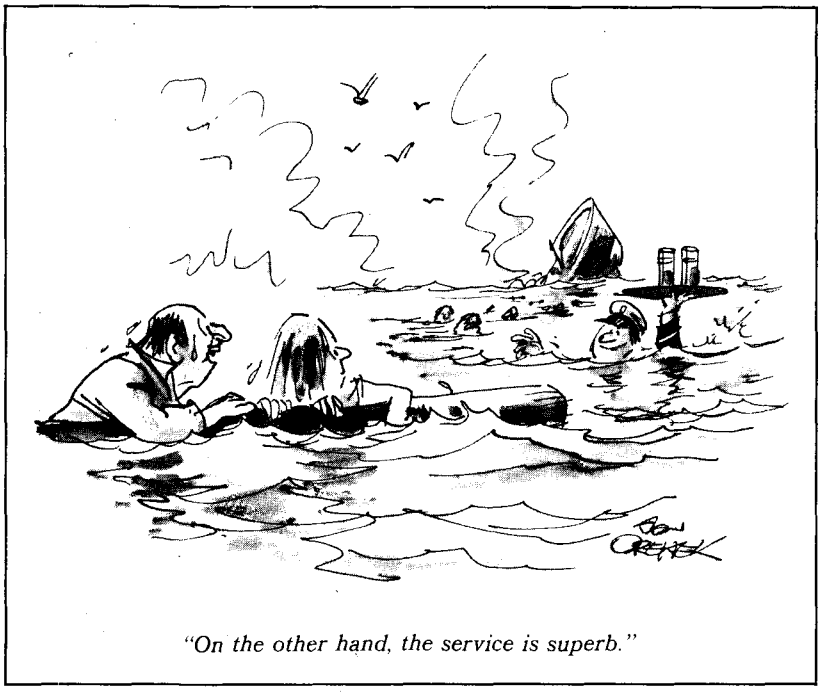
In Yilani Kilisi, the Snake Church, we puzzle over a whimsical frescoe of the naked Onouphirius. Legend holds that when this lady of easy virtue asked God's permission to remain on the primrose path, He responded by converting her into an ugly old man. There she stands on a side apse, sporting a bizarre combination of long white beard, bare plump breasts and a strategically placed palm frond. Facing her is an aloof St. George, killing the dragon who gave the church its name.

In the busy villages of Avanos, Avcilar, Zelve and Urgup, all strolling towns, dwellings present a perfect symbiosis between man and nature. Where early man created grotto homes by hollowing out the easily worked earth from existing caves—the Greek historian Xenophon mentions them—contemporary man, in his need for more space, has simply built on additions. Hillsides are a jumble of flat-topped, white-washed cubes, adroitly stuccoed to the earth and proudly displaying lace curtains, wrought-iron balconies, blue doors, potted geraniums and sooted chimneys. Connecting grotto rooms, now plastered, whitewashed and used mostly as bedrooms, are naturally air-conditioned.

Next day, we head south to the subterranean city of Kaymakli, near Urgup. A slumpy little hillock gives scant clue to what lies within—a seven-level labyrinth of corridors, connecting rooms, communal kitchens, wine cellars, granaries and even a chapel. There are at least three of these cities, mostly unexplored. Kaymakli connects with a second underground city, Derinkuyu, via a 7-kilometer tunnel.

Hard evidence of when or by whom these cities were begun is skimpy, but the upper levels are thought to date from the Hittite period. They are known to have been used during the Byzantine era, more likely as temporary refuges and for food and grain storage than as permanent habitations. Estimates of the number they could house range from 30,000 to as high as 60,000.

Memduh leads the way, playing Diogenes with his flashlight, and we follow with ours. Enormous ventilation shafts bring fresh, crisp air to the lowest levels. Along the way we come upon great stone discs, rolled aside from passageways where they once stood as barriers against intermittent raiders.



"On the other hand, the service is superb."

Drawing on methods learned from their predecessors, the people of Orthahisar have proven that the old ways still work. Their storage valley is lined with dozens of entrances to spacious storage grottos, covering an area large enough to hold several underground cities. Here, where the air is uniformly cool and dry the year round, oranges and lemons from the Mediterranean and local apples, quince, raisins and potatoes are warehoused for shipment to European markets.

The Buyup Hotel in Urgup, *the* place to stay in Cappadocia, is almost a folk museum in its own right. Its public rooms and guest rooms are a treasure trove of Cappadocian antiques: oriental rugs and killims, flintlocks and camel saddles, scimitars and samovars, and brilliantly embroidered local costumes. Every few nights, a half-dozen young men from the village put on a rousing performance of regional songs and dances to the thundering accompaniment of a drum and a sort of primitive clarinet. The dances have the same wild vigor as Russian and Romanian folk dances.

If you have come directly from a first-class sealed-in-glass-and-plastic hotel in Istanbul, morning will bring your first awakening to the haunting cadences of the muezzin calling the faithful to prayer. It is a sound you will carry with you forever.

In April and May, when winter's blanket of snow has melted and summer's blanket of Europeans has not yet come, slender, finger-like green valleys that reach into shaded canyons bask under an incandescent sky. Spring brings with it the country's most special holiday, Youth Day. The streets are thronged with village and farm people who have come to watch children parade in marching bands, all brightly uniformed, dark eyes dancing. A wreath of fresh flowers is placed before a bronze bust of Turkey's modern hero, Mustafa Kemal Ataturk.

On our last morning in Cappadocia, dallying by the little fountain in the center of Urgup, waiting for the bus to Ankara, the usual collection of curious and friendly Turks, always men, gathered round us.

Quietly, an old man in a well-weathered suit and knit cap stepped forward and pointed a gnarled finger at a medal in his lapel. "Ataturk! Ataturk!" he said with pride.

Then, in pantomime, his smile baring a pair of gleaming gold incisors, he raised an imaginary rifle and cried out, "Boom! Boom!"

He had been one of those youths in the early '20s who had fought with Ataturk, forging a democracy, and he desperately wanted two vagabonding Americans to know this and to love his Cappadocia as much as he does.

Rest easy, old man. We do.

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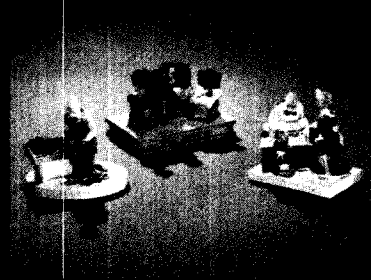
Sebastian Miniatures

Collectible Since 1938

Prescott Baston, born in 1909, began making his Sebastian Miniatures in 1938. He had three overall goals in mind. One was to make a living in art, something few artists even dreamed of during the Depression. Another was to design commonplace, decent art that many people could understand and enjoy. The third was to use materials and processes that kept the pieces affordable.

He sold the miniatures through 50 stores in the Boston area until 1978. At that time, LANCE International began national distribution of the American-made figurines. Since 1978, Mr. Baston and his Sebastian Studio have been deluged with orders, correspondence and requests for public appearances around the country. To quote Mr. Baston: "This is a wonderful experience. It proves beyond a doubt that life does begin at 71."

Of the 411 Sebastian Miniatures designed and produced by Mr. Baston since 1938, the molds, materials and hand-painting processes remain unchanged. Here, using a brush with only a few hairs, eyebrows and lips are painted onto the face of the tiny "Shoemaker." All production, as since 1938, is done in New England.



6221 In the Candy Store $19.50
6214 The Doctor $17.50
6217 Shoemaker $17.50

Through the 42-year lifetime of the Sebastian Miniatures, three figurines have remained the most popular. These scenes depict Americans doing what they used to do.

"In the Candy Store" depicts the days when a kindly old gentleman carefully awaited a child's penny purchase. "The Doctor" reminds us of a time when doctors made house calls and sweated out a child's fever. The "Shoemaker" reminds us of a time when craftsmen took careful pride in their work, making a worn-out pair of shoes last another two years.

6218 Ben Franklin at the Printing Press $19.50

Mr. Baston accepted over 150 private commissions for figurines to be used as premiums and promotional handouts. In 1961 he made "Ben Franklin at the Printing Press" for THE SATURDAY EVENING POST. The POST later gave him permission to put the miniature in his standard retail line. The history of the POST and Sebastian Miniatures are woven together.

6001 George Washington and Cannon $17.50

In 1947, Mr. Baston designed George Washington standing alongside a Revolutionary War cannon. In the 33 intervening years, the Washington figurine has remained one of his most popular. On October 31, 1980, the molds for this miniature will be destroyed and the figurine retired forever. Purchase of the George Washington miniature at this time promises unusual rarity.

ARMCHAIR SHOPPER, P.O. Box 130, Indianapolis, IN 46206

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____#6001 George Washington @ $17.50
____#6214 The Doctor @ $17.50
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____#6218 Ben Franklin @ $19.50
____#6221 Candy Store @ $19.50

Include $1.50 postage & handling for each miniature.
Indiana residents add 4% sales tax.
Allow 4-6 weeks for delivery.

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Card # _____ Exp. date _____
Signature _____
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City _____
State _____ Zip _____

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Jeeves

continued from page 61

of squaring, for dear old Bicky, though a stout fellow and absolutely unrivaled as an imitator of bull terriers and cats, was in many ways one of the most pronounced fatheads that ever pulled on a suit of gents' underwear.

"I suppose it seems rummy to you," I said, "but the fact is New York often bucks chappies up and makes them show a flash of speed that you wouldn't have imagined them capable of. It sort of develops them. Something in the air, don't you know. I imagine that Bicky in the past, when you knew him, may have been something of a chump, but it's quite different now. Devilish efficient sort of chappie, and looked on in commercial circles as quite the nib!"

"I am amazed! What is the nature of my nephew's business, Mr. Wooster?"

"Oh, just business, don't you know. The same sort of thing Carnegie and Rockefeller and all those coves do, you know." I slid for the door. "Awfully sorry to leave you, but I've got to meet some of the lads elsewhere."

Coming out of the elevator I met Bicky bustling in from the street.

"Hullo, Bertie! I missed him. Has he turned up?"

"He's upstairs now, having some tea."

"What does he think of it all?"

"He's absolutely rattled."

"Ripping! I'll be toddling up, then. Toodle-oo, Bertie, old man. See you later."

"Pip-pip, Bicky, dear boy."

He trotted off, full of merriment and good cheer, and I went off to the club to sit in the window and watch the traffic coming up one way and going down the other.

It was latish in the evening when I looked in at the apartment to dress for dinner.

"Where's everybody, Jeeves?" I said, finding no little feet pattering about the place. "Gone out?"

"His Grace desired to see some of the sights of the city, sir. Mr. Bickersteth is acting as his escort. I fancy their immediate objective was Grant's Tomb."

"I suppose Mr. Bickersteth is a bit braced at the way things are going—what?"

"Sir?"

"I say, I take it that Mr. Bickersteth is tolerably full of beans."

"Not altogether, sir."

"What's his trouble now?"

"The scheme which I took the liberty of suggesting to Mr. Bickersteth and yourself has unfortunately not answered entirely satisfactorily, sir."

"Surely the duke believes that Mr. Bickersteth is doing well in business, and all that sort of thing?"

"Exactly, sir. With the result that he has decided to cancel Mr. Bickersteth's monthly allowance, on the ground that, as Mr. Bickersteth is doing so well on his own account, he no longer requires pecuniary assistance."

"Great Scott, Jeeves! This is awful!"

"Somewhat disturbing, sir."

"I never expected anything like this!"

"I confess I scarcely anticipated the contingency myself, sir."

"I suppose it bowled the poor blighter over absolutely?"

"Mr. Bickersteth appeared somewhat taken aback, sir."

My heart bled for Bicky.

"We must do something, Jeeves."

"Yes, sir."

"Can you think of anything?"

"Not at the moment, sir."

"There must be something we can do."

"It was a maxim of one of my former employers, sir—as I believe I mentioned to you once before—the present Lord Bridgnorth, that there is always a way. I remember His Lordship's using the expression on the occasion—he was then a business gentleman and had not yet received his title—when a patent hair restorer which he chanced to be promoting failed to attract the public. He put it on the market under another name as a depilatory, and amassed a substantial fortune. I have generally found His Lordship's aphorism based on sound foundations. No doubt we shall be able to discover some solution of Mr. Bickersteth's difficulty, sir."

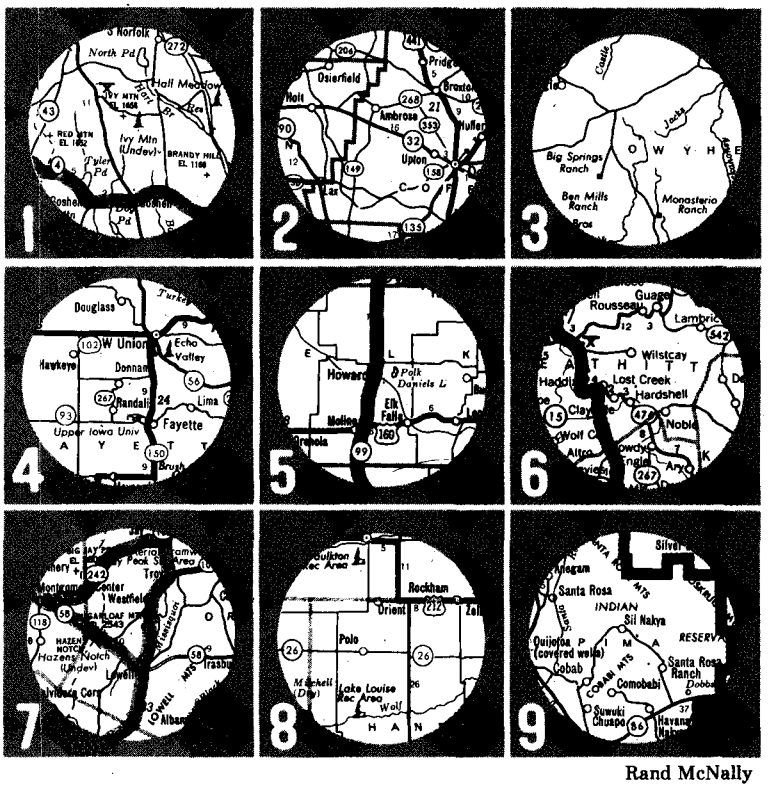
"Well, have a stab at it, Jeeves!"

"I will spare no pains, sir."

I went and dressed sadly. It will show you pretty well how pipped I was when I tell you that I as near as a toucher put on a white tie with a dinner jacket. I sallied out for a bit of food more to pass the time than because I wanted it. It seemed brutal to be wading into the bill of fare with poor old Bicky headed for the bread line.

When I got back old Chiswick had gone to bed, but Bicky was there, hunched up in an armchair, brooding pretty tensely, with a more or less glassy stare in his eyes. He had the aspect of one who had been soaked with what the newspaper chappies call "some blunt instrument."

Continued on page 129



Rand McNally

Where Do You Think You Are?

East or West, North or South, each of the distinctive areas above appears on the road map of a single state. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify the states? If you or a friend find the game too easy (but you won't) add the requirement that you place the area north, south, east, west or central in the designated state.

(Answers on page 129)

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Fold corner up to cover answers.

Signs of the Times

Can you read these symbols? The U.S. Department of Transportation is trying to develop a uniform sign language that is easily understood. These symbols are being used more and more in Canada to help travelers overcome the language barrier in locating necessary services. Cover the answers in the lower right, then identify as many symbols as you can.

(1) Car Rental, (2) Restaurant, (3) Coffee Shop, (4) Bar, (5) Shops, (6) Ticket Purchases, (7) Baggage Check-in, Baggage Claims, (8) Customs, (9) Immigration, (10) No Smoking, (11) Smoking, (12) No Parking, (13) Parking, (14) No Entry, (15) Telephone, (16) Mail, (17) Currency Exchange, (18) First Aid, (19) Lost and Found, (20) Baggage Lockers, (21) Elevator, (22) Toilets, Men, (23) Toilets, Women, (24) Toilets, (25) Information, (26) Hotel Information, (27) Taxi, (28) Bus, (29) Ground Transportation, (30) Rail Transportation, (31) Air Transportation, (32) Heliport, (33) Water Transportation.

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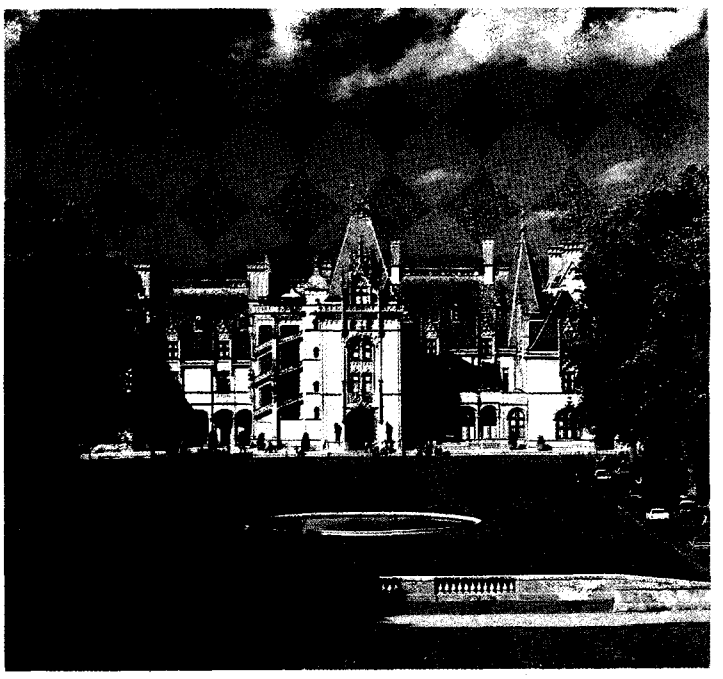
WHERE IN THE WORLD?

Whether you travel by ship, plane, train or armchair, you'll find it good sport to locate these: a chateau, an archipelago, a native chief and a whaling port.

1 ☐ **Oahu** ☐ **Tahiti** ☐ **New Guinea**
On February 10, 1778, young chief Kamehameha of this well-known Pacific island made a fatal trade with the famous explorer Captain James Cook—his priceless feather cloak for a few iron daggers. This indiscretion plus offensive behavior by Cook and his men angered the islanders into an attack in which Cook was clubbed to death. Only grisly pieces of his body were recovered. Later, Kamehameha, with two captured cannon, made war on all the surrounding islands. By 1810 he had united them and founded the islands' first dynasty. A shrewd businessman, he brought his kingdom a fortune through sandalwood trade and port duties on ships. An open-minded ruler, he abolished human sacrifice and campaigned to end murder and assault, all of which earned him the title, "Kamehameha the Great."



2 ☐ **Virginia** ☐ **Tennessee** ☐ **North Carolina**
Whoever said, "A man's home is his castle" wasn't kidding in the case of Biltmore House. George Vanderbilt, grandson of the famed railroad magnate, Cornelius, built this mansion in the 1880s on a 147,000-acre estate in the scenic Appalachians. Most of the original land has been deeded to Pisgah National Forest, but a cozy 12,000 acres remain surrounding the world's largest private home.

3 ☐ **The Azores** ☐ **The Canaries** ☐ **The Virgin Islands**
American whalers used to take on provisions at sparkling-white fishing towns on this isolated Atlantic archipelago where whaling is still done by hand-thrown harpoon. This group of volcanic islands about 800 miles from the mainland lay untouched by man until 1427, when they were discovered by Portuguese sailors. Christopher Columbus stopped here en route from the New World in 1493.

4 ☐ **The Solomons** ☐ **The Galapagos** ☐ **The Philippines**
The people who inhabit these 7,100 islands named for a Spanish ruler belong to the Malay race of Southeast Asian and Indonesian descent. The earliest natives, the diminutive Negritos, came by land bridge during the last glaciation and now hunt with bows and arrows in the shadow of modern cities.

(Answers on page 136)

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"This is a bit thick, old thing—what?" I said.

He picked up his glass and drained it feverishly, overlooking the fact that it hadn't anything in it.

"I'm done, Bertie!" he said.

He had another go at the glass. It didn't seem to do him any good.

"If only this had happened a week later, Bertie! My next month's money was due to roll in on Saturday. I could have worked a wheeze I've been reading about in the magazine advertisements. It seems that you can make a dashed amount of money if you can only collect a few dollars and start a chicken farm. Jolly sound scheme, Bertie! Say you buy a hen—call it one hen for the sake of argument. It lays an egg every day of the week. You sell the eggs seven for a quarter. Keep of hen costs nothing. Profit practically 25¢ on every seven eggs. Or look at it in another way: Suppose you have a dozen hens. Each of the hens has a dozen chickens. The chickens grow up and have more chickens. Why, in no time you'd have the place covered knee-deep in hens, all laying eggs at 25¢ for every seven. You'd make a fortune. Jolly life, too, keeping hens!" He had begun to get quite worked up at the thought of it, but he slopped back in his chair at this juncture with a good deal of gloom. "But, of course, it's no good," he said, "because I haven't the cash."

"You've only to say the word, you know, Bicky, old top."

"Thanks awfully, Bertie, but I'm not going to sponge on you."

That's always the way in this world. The chappies you'd like to lend money to won't let you, whereas the chappies you don't want to lend it to will do everything except actually stand you on your head and lift the specie out of your pockets. As a lad who has always rolled tolerably freely in the right stuff, I've had lots of experience of the second class. Many's the time, back in London, I've hurried along Piccadilly and felt the hot breath of the toucher on the back of my neck and heard his sharp, excited yapping as he closed in on me. I've simply spent my life scattering largesse to blighters I didn't care a hang for; yet here was I now, dripping doubloons and pieces of eight and longing to hand them over, and Bicky, poor fish, absolutely on his uppers, not taking any at any price.

"Well, there's only one hope, then."

"What's that?"

"Jeeves."

"Sir?"

There was Jeeves, standing behind me, full of zeal. In this matter of shimmering into rooms the chappie is rummy to a degree. You're sitting in the old armchair, thinking of this and that, and then suddenly you look up and there he is. He moves from point to point with as little uproar as a jellyfish. The thing startled poor old Bicky considerably. He rose from his seat like a rocketing pheasant. I'm used to Jeeves now, but often in the days when he first came to me I've bitten my tongue freely on finding him unexpectedly in my midst.

"Did you call, sir?"

"Oh, there you are, Jeeves."

"Precisely, sir."

"Jeeves, Mr. Bickersteth is still up

Continued on following page

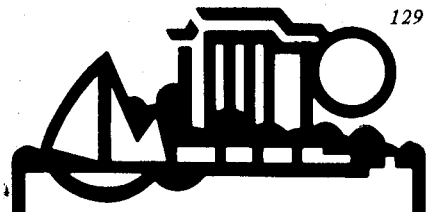
Collector's Items

Saturday Evening Posts for sale. Selected issues 1950 to 1969. Contact Carol Brown, Archivist, 1100 Waterway Blvd., Indpls., IN 46202.

Where Do You Think You Are?

(Answers from page 126)

1. Connecticut
2. Georgia
3. Idaho
4. Iowa
5. Kansas
6. Kentucky
7. Vermont
8. South Dakota
9. Arizona



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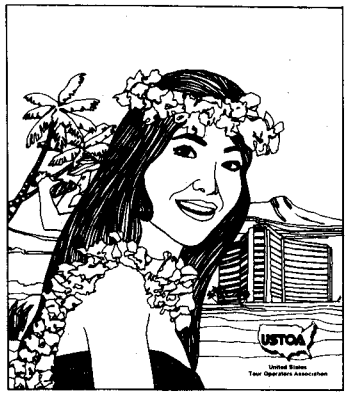

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the pole. Any ideas?"

"Why, yes, sir. Since we had our recent conversation I fancy I have found what may prove a solution. I do not wish to appear to be taking a liberty, sir, but I think that we have overlooked His Grace's potentialities as a source of revenue."

Bicky laughed what I have sometimes seen described as a hollow, mocking laugh, a sort of bitter cackle from the back of the throat, rather like a gargle.

"I do not allude, sir," explained Jeeves, "to the possibility of inducing His Grace to part with money. I am taking the liberty of regarding His Grace in the light of an at present—if I may say so—useless property, which is capable of being developed."

Bicky looked at me in a helpless kind of way. I'm bound to say I didn't get it myself.

"Couldn't you make it a bit easier, Jeeves?"

"In a nutshell, sir, what I mean is this: His Grace is in a sense a prominent personage. The inhabitants of this country, as no doubt you are aware, sir, are peculiarly addicted to shaking hands with prominent personages. It occurred to me that Mr. Bickersteth or yourself might know of persons who would be willing to pay a small fee—let us say two dollars or three—for the privilege of an introduction, including handshake, to His Grace."

Bicky didn't seem to think much of it.

"Do you mean to say that anyone would be mug enough to part with solid cash just to shake hands with my uncle?"

"I have an aunt, sir, who paid five shillings to a young fellow for bringing a moving-picture actor to tea at her house one Sunday. It gave her social standing among the neighbors."

Bicky wavered.

"If you think it could be done——"

"I feel convinced of it, sir."

"What do you think, Bertie?"

"I'm for it, old boy, absolutely. A very brainy wheeze."

"Thank you, sir. Good night, sir."

And he floated out, leaving us to discuss details.

(Concluded next issue)

To Sue

continued from page 87

onment. His confederates were sentenced to be electrocuted.

The mercy recommendation entitled Licavoli, after he had served 20 years, to apply to the parole board for commutation to second-degree murder. If the board did so recommend, the governor could commute. The parole board then for the first time had the power to hold a hearing and grant or refuse parole. On one occasion the parole board recommended commutation, but Governor Rhodes rejected it.

Later, after Licavoli's 25th year of confinement, and serious illness which was certified by doctors, the parole board repeated its recommendation to the Governor for commutation. This time he gave it more consideration. Licavoli had written a personal plea to the Governor in which he said:

"I have a daughter who was born three months before I came to prison. Now she is married, with two lovely girls and a little boy of her own, and none of them have ever seen me except behind bars. My first-born daughter was killed, along with my father, while they were on their way to visit me one day."

For four years Licavoli had been under the psychiatric care of Dr. Anderson. During this period he received commendation from Warden Henderson for initiative and action beyond the normal call of duty on three separate occasions:

"(1) When I climbed the outside of 'C' cellhouse wall, 80 feet above the ground, and saved a man attempting to commit suicide;

"(2) When I entered the cell of a demented inmate who had set his mattress on fire—at this time I had to fight the inmate and ended up losing 90 percent of the sight of my right eye from an acid burn as a result;

"(3) When I overpowered another homicidal inmate who was attempting to kill a guard (Mr. Helles) and was struck with an iron bar by the psychopath, 12 stitches being required to close the wound.

"Looking back I realize that it was during this period that my rehabilitation began. I began to think about other people more than myself and my own troubles."

Rhodes, aware of the previous rumors about attempted bribes to spring Licavoli, took the precaution of having a careful check made by his executive assistant, John M. McElroy. He requested and received a letter from Mrs. Licavoli which stated that neither she nor any other person to her knowledge "had paid or promised anything of value to anybody" to assist in obtaining a commutation. Inquiry was also directed to the prosecutor's office

Cont. on following page

You be the Judge

The law allows a person to become a landowner through a rule known as "adverse possession." A person who has no title to land may become the legal owner if he claims ownership and actually exercises possession in an "open and notorious" manner for a period of time, usually 20 years.

The Marengo Cave Company claimed ownership of a cave which it operated as a tourist attraction for well over 20 years. Although the entrance was on the company's property, it actually extended under a Mr. Ross's property. Mr. Ross had visited the cave several times, but neither party knew of the encroachment until a survey was made. Upon the discovery, Mr. Ross sued for title in the portion of the cave under his property. Marengo Cave Company claimed adverse possession.

Mr. Ross won. Title of a landowner extends down from the surface, and Marengo Cave Company's possession was not "open and notorious," that is, visible to the common observer on the surface. Although Mr. Ross visited the cave, he could not be aware of the encroachment without the benefit of a survey.

(Based on a 1949 Kentucky decision.)

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which had convicted Licavoli. The attorney general of the state, Paul A. Brown, in commenting on the commutation, wrote that "Governor Rhodes has acted justly and with high moral courage in an area always fraught with the risk of misunderstanding."

The basic fact was that the Governor had not pardoned Licavoli. He had merely accepted the seven-man parole board's unanimous report to commute his sentence to life imprisonment for second-degree murder. Thereafter a parole application was made and in view of the press furor it was denied. Licavoli remained in jail. He was one of the victims of the false rumors.

Life's article piled a few additional charges on the wild claim of mob association. These involved improper use of political slush funds and income tax involvement, accusations which had been raised and found baseless in the 1962 campaign, when the voters rejected them and lifted Rhodes into office with a massive heave of votes.

The multiplication of falsehoods created a picture of a vile, unscrupulous hypocrite. Our indignation rose at the outrageous attacks. Who could be safe if such tactics succeeded? But once again we asked the Governor to satisfy us, as counsel, by documentary proof. His accountants forwarded a cent-by-cent analysis refuting every accusation. We advised Governor Rhodes to issue a public statement, setting forth the assets of his wife and family. He did so in detail. After more than 20 years of public service, he had wound up virtually impoverished. His reward had been the honor of high office and the regard of the people for him. Now even these were taken away.

"Mr. Nizer," he said, "I want to nail their lies. I have a wife, children and a host of friends, in my state and throughout the country. I do not want to go to my grave with a cloud of dishonor over my head. I must clear my name for their sake, even if I never hold a public office again in my life."

I was moved by his statement. Who wouldn't be? Factually, there would be no problem. The article was an atrocious lie. We would prove it. But there were unique legal obstructions. I knew he understood them because before he consulted me, he had issued a public statement in which, after denying every accusation with emphasis which only innocence and sincerity could command, he said, "Whether I intend to sue for libel, I have not decided. Under United States Supreme Court decisions, it is almost impossible for a public official to win a libel suit. These decisions make it plain that it is all right for a publication to lie about a public official so long as there is no malice. I will not sue just for political purposes." I explained that we would endeavor to prove malice by equating recklessness with malice. This was a difficult undertaking, and the Supreme Court had not yet given even this thin cloak of protection to a public official. Why? First Amendment. The need to protect the press from harassment even when it is mistaken.

The risk of obtaining relief was therefore great. But we believed that the Governor was supported by moral considerations of impelling nature. We were willing to try. We instituted suit.

As counsel met to arrange the legal duels on the field of honor, the possibility of ending the lawsuit arose. Would *Life* in writing remove the taint on Governor Rhodes's integrity? We stated that, aside from the legal problems, damages were not our goal. The restoration of Governor Rhodes' reputation was. If this could be achieved we would forego our determination to take the matter to the highest court.

The editors were decent men and may have regretted the excesses of the publication. An arrangement was concluded. It protected *Life* against the humiliation of open confession of misdeed and protected Governor Rhodes by withdrawing the charge or innuendo that he had any association with "the mob" or had been bribed or influenced improperly in his conduct.

By agreement Governor Rhodes issued a press release which stated: "*Life* magazine has now acknowledged that it did not state or intend to state that I had acted illegally or dishonorably in commuting Licavoli's sentence. Its attorney has written my attorney, Louis Nizer, that 'you are correct that *Life* did not state in its article that Governor Rhodes commuted the sentence because of any illegal involvement.' Thus *Life* has withdrawn the charge which motivated my bringing the lawsuit.

"Under the circumstances, my honor has been vindicated and the cloud over my children and family has been removed."

The litigation was withdrawn without prejudice to Rhodes. Later, the real verdict was given by the citizens of Ohio, who elected Rhodes governor again.

From the book *Reflections Without Mirrors* by Louis Nizer. ©1978 by Louis Nizer, published by Doubleday & Company, Inc., used by permission.

The Perfect Squelch

Some years ago a small-town church congregation became involved in a bitter wrangle over the domineering attitude of a certain matron who sought to rule all of the church's social activities. Before it was over, nearly everyone in the congregation had "taken sides" and all maintained a tight-lipped silence to avoid further controversy.

The matron herself, meanwhile, bustled over to another church one Sunday. What she saw and heard there did not please her, and she made no secret of it. After the service, she turned to the kindly old lady whose pew she had shared and said, "I was amazed at the loud whispering and the smiling and nodding that went on in your church before this service. Why, in our church the silence is such that you can hear a pin drop."

"Do you mean," the old lady asked with a twinkle, "that no two members of your congregation are on speaking terms?"

—Isabel Dunlap

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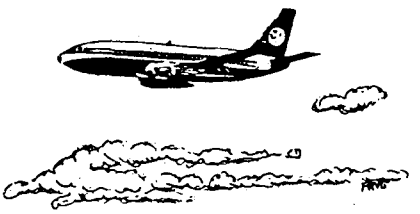

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MEDICAL MAILBOX

By Cory SerVaas, M.D.

"Next to creating a life, the greatest thing one can do is save a life."
—A. Lincoln

Placing the Bed-Wetting Blame

Cow's milk, chocolate, eggs, grain and citrus fruit are bad bed partners for an estimated 5.5 million American children, says Dr. James C. Breneman of Michigan State University. It is allergies to these substances that cause them to wet the bed every night. Once the offending food is removed from a child's diet, bed-wetting stops almost at once.

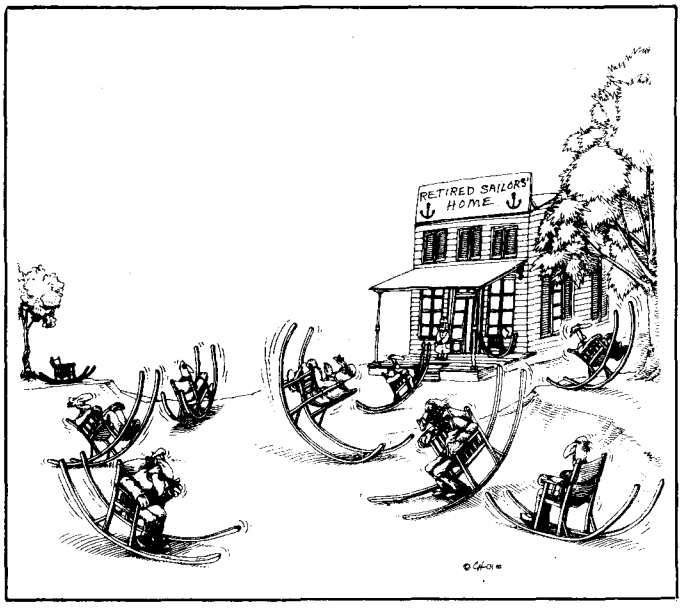
Cow's milk is the greatest culprit. Dr. Breneman found it caused allergies in 60 percent of the 500 subjects he studied between 1956 and 1979.

The bladder is the target in these food allergy cases, he says. Its wall swells, its volume is reduced and the smooth muscle becomes irritated and prone to spasm. The allergy inflames the bladder's shutoff valve, making it less likely to constrict. The allergy also causes fatigue; the child sleeps deeply and is less motivated to get up during the night to relieve himself.

Dr. Breneman first checks his patients for other possible causes of enuresis such as genitourinary tract defect or infection. He then puts the child on a nonallergenic diet and reintroduces foods one at a time until the allergen is identified. Skin testing for food allergies, he believes, is not as reliable.

What many believe to be the cause of chronic enuresis—emotional stress—is actually only the result of the allergic symptoms, says Dr. Breneman. Bed-wetting is traumatic for both parents and children and it usually sets up a pattern which reinforces stress.

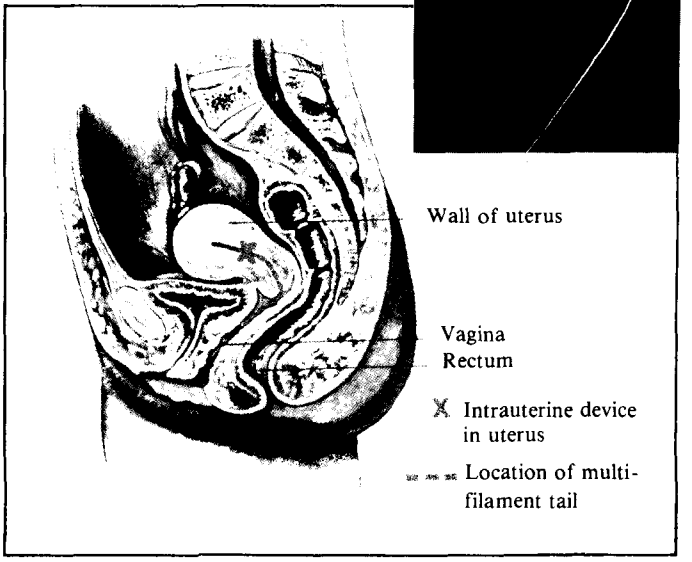
"Children will grow out of the food allergy during puberty," he says, "but they will often then become sensitive to inhaled allergens."



A Dangerous IUD

Women who are still wearing an IUD (intrauterine birth control device) have reason to reappraise the risks involved. "I take more out than I put in," confided one prominent gynecologist. A large number of women are presently suing one manufacturer of these devices (the Dalkon Shield). The injury typically cited by the plaintiffs is pelvic inflammatory disease resulting in dangerous second-trimester abortions, hysterectomies and, in at least 17 cases, death. Although it was withdrawn from the market several years ago, it is estimated that 100,000 women in this country are still using the Dalkon Shield, which is a small crab-shaped plastic device. One doctor has expressed concern about the multifilament tail on the Dalkon Shield, which is used both to remove the de-

Right: the Dalkon shield. If the tail can't be felt, a doctor should be consulted.



Women wearing a contraceptive intrauterine device should be aware of the danger of infection if the IUD moves from the uterus into the peritoneal cavity. Both copper IUDs and the Dalkon shield have been found to produce severe peritoneal reactions and should be removed as soon after perforation as possible to prevent possible bowel obstruction. Peritoneal infections can cause sterility. A fever may be one clue to such an infection and is good cause to visit a physician for immediate inspection of the IUD.

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vice and to check that it is in place. "The tail might display wicking qualities, acting as a conduit for bacteria to enter the uterus," said the doctor.

Any woman who can no longer feel the tail of her IUD and who did not notice that the device was expelled *should not assume that it was expelled.* She should see her physician so that a search can be made. Her doctor will probe the uterine cavity for the IUD, and if it cannot be found there, an X-ray examination will be done. If the IUD is discovered outside the uterus, in the peritoneal cavity, it will be removed promptly, as the Dalkon Shield has been found to produce severe infections in the peritoneal cavity.

Sniff Out Measles

Q I recently picked up a copy of *The Saturday Evening Post* March 1980 issue. Being a staff nurse in an intensive care unit, I naturally was attracted to the "Health I.Q. Test." Question #37 of the quiz reads as follows: "Do you know which dangerous childhood disease can be prevented by inoculation inhaled through the nostrils?" Frankly, I didn't and neither did any of the other staff members, pediatric nurses or emergency room personnel!

So I decided to write to you and find out. We would *all* appreciate your prompt reply to *which* dangerous childhood disease can be prevented by inoculation inhaled through the nostrils? References would be appreciated. Thank you.

Jill Thoren, RN
St. Albans, Vermont

A The childhood disease in question here is rubella, or German measles. I wrote about it in the Jan/Feb 1980 Medical Mailbox. A new vaccine, RA 27/3, isolated from aborted human fetuses instead of from animal cell cultures, was recently introduced into the United States. It has been used in Europe for several years already and appears to offer stronger, longer-lasting immunity than existing vaccines.

Dr. Stanley A. Plotkin of Children's Hospital of Philadelphia says he infers the protection of RA 27/3 is better because the new vaccine evokes immune responses closer to those of the natural disease. The vaccine's advantages, Dr. Plotkin says, are that it provides a greater amount of antibodies, it is effective in almost all cases and produces an increase in antibodies which lasts four to eight years. Like the natural disease, it stimulates a wide range of antibodies, including those secreted in the nose. Therefore, boosters can be administered conveniently by inhalation. The Public Health Service's Center for Disease Control in Atlanta, which distributes vaccines around the country, is replacing its old measles vaccine stocks with RA 27/3.

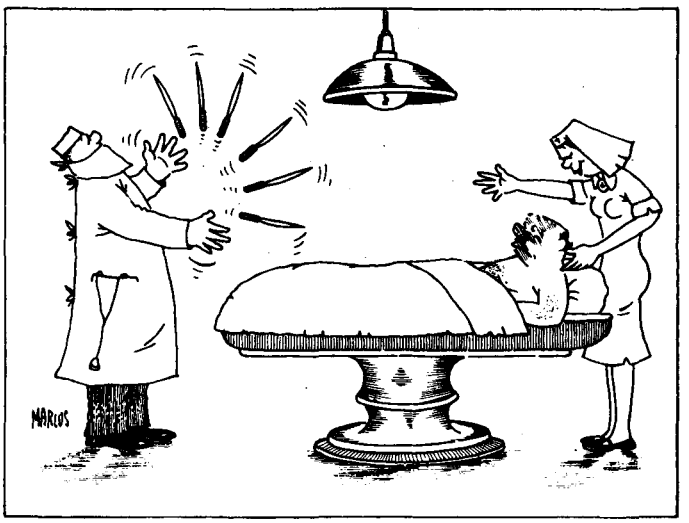
Vegetables—To Your Good Health

With the growing concern for avoiding chemical additives and lowering fat intake, more and more people world-wide are turning to vegetarianism as an alternative eating life style. But in doing so, the question arises: By eating only or mostly vegetables, are they ingesting sufficient quantities of protein and minerals?

Continued on following page

One of the most traumatizing experiences for a medical student comes at the time he is first asked to do a lumbar puncture (the extraction of spinal fluid with a needle). Thanks to the innovative Craig Gosling, however, medical students throughout the country can now practice on simulated flesh before that first lumbar puncture on a real, live patient. Needless to say, this is a boon to the hapless med student as well as the trusting victim. Craig Gosling is a medical illustrator who has gone beyond the mere drawing of pictures. He must have felt compassion for the beginning medical students who were formerly forced to practice drawing blood from babies. . .on real babies. Or perhaps it was compassion for the baby that caused him to design a plastic infant arm complete with pulse and self-coagulating blood for practicing radial artery puncture on newborns. He has made models with red blood for arteries and blue blood for veins so students can practice hitting a vein each time before inserting their needles in people. In honor of Benjamin Franklin, who did himself invent the first flexible catheter for relieving his relative's painfully swollen bladder, Craig Gosling has been named this month's recipient of our award for innovative medical service to mankind.

Readers are invited to nominate candidates for the Benjamin Franklin Award. Nominations should include a description of self-help medical feats performed by the person or group. Recipients receive a certificate and a $100 grant from the Benjamin Franklin Literary & Medical Foundation.



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A recent study in the *Journal of the American Dietetic Association* examined a group of vegetarians and meat eaters to assess their nutritional intakes.

Results of these measurements showed that vegetarians took in at least the recommended daily allowance (RDA) of protein, fat and carbohydrates in the majority of cases. There was a trend among the meat eaters to take in substantially greater than the RDA of protein. Vegetarians tended to be on the low side of the RDA for riboflavin (a vitamin) and iron.

Measurements of body size showed vegetarians tended to have much lower body fat contents. None of the vegetarians showed evidence of nutritional deficiencies.

Overall studies such as this tend to support the growing contention that thoughtful intake of non-meat foods can easily provide adequate energy, vitamins and minerals and assist in maintenance of a leaner body build.

Sonar

continued from page 102

A recent study of 1,000 women showed that ultrasound was 80 percent accurate in diagnosing breast cancers. Ten thousand women, 1,500 of whom have no cancer symptoms, will be examined with this instrument at multiple medical centers to compare ultrasound with X-ray on a large scale as a diagnostic device. The 1,500 patients with no cancer symptoms will be testing ultrasound as a potential screening device. It is hoped this will show conclusively that ultrasound breast scanners are worth their keep, which is presently about $150,000 apiece (compared to around $80,000 for the best X-ray equipment). Unfortunately, the results won't be in for another year. It may be some time before you see an ultrasound screening van in your neighborhood. However, it is quite possible that your hospital or medical center will have available, in the near future, an ultrasound scanner for diagnosing those women who find lumps in their breasts.

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Landon

continued from page 77

Knows Best." Meaty, touchy issues are dealt with and Charles Ingalls does not have all the answers. And more to the point, does not pretend to have them. Time and again, subtly woven into the fabric of the dramas, Landon gets some sound values across. If "Little House" has done nothing more than show grown men touching, embracing one another, sharing feelings, crying; nothing more than show girls and women as intelligent, indomitable, independent persons—it has done enough. Which is not to diminish the impact of Landon's jibes at prejudice, many of which grew out of personal experience. Take the episode in which Nellie agrees to marry a short, Jewish accountant. At first, she is against that shortness. At first, her mother is against that Jewishness. The pain, the tenderness, the humor in that situation as he dramatized it, emanated, he says, from Eugene Orowitz's memories of his own tall Catholic mother and shorter Jewish father.

When I wonder about some of his racially integrated situations being anachronistic, he says, "We always show both sides of acceptance and nonacceptance. There's two and a half million tons of prejudice in this country. Also, fortunately—and this was true even a hundred years ago—there's been incredible love between blacks and whites. Deep love."

When Landon speaks of his show as being family-oriented, he is not speaking only of its audience appeal. He programs the work day, for example, to break early enough "so the guys get to eat with their families. It's a lot of monster work if you're not going to see your family. The guys that do detective shows, their marriages fall apart, everything goes to pot, because they work all night. The amount of time taken for car chases doesn't leave much time for the actors, so they have to work late. The cars get to go home early, though."

NBC publicist Bill Kiley—also with Landon since "Bonanza"—affectionately says that "he can run a studio, but he can't run himself." So there is always someone to put gas in his car because he doesn't "remember" to do it. "He'd run out on the way home and wouldn't even have a dime in his pocket to make a phone call." Seems he never carries money because he'd "lose it." Same thing with keys. "I've never had a key to my house," Landon says. "Even though it says 'no solicitors,' I just keep ringing the bell. If no one can hear me I have to climb over those

Continued on page 140

WHERE IN THE WORLD?

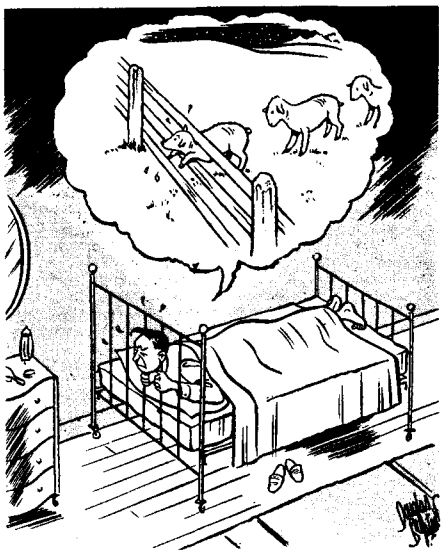
(Answers from page 128)

1 The statue of Kamehameha I stands in front of the Iolani Palace, Honolulu, on the island of Oahu. Actually, this statue is only a copy of the original by American sculptor T.R. Gould, which was lost in a shipwreck on its way to the islands. The original was later salvaged and now stands on the island of Hawaii, the birthplace of Kamehameha.

2 According to legend, George Vanderbilt decided early in his life to build a mansion in the most beautiful place in the world. His choice was Asheville, North Carolina. Biltmore House was inspired by the famous French Renaissance chateaux, Chenoceaux, Blois and Chambord. Its 17-acre garden blooms with 5,000 roses May through October.

3 Ever since Columbus' time, the 10 major islands of the Azores, spread out over 400 miles of the mid-Atlantic, have been stepping stones between Europe and the New World. The once-flourishing whaling industry has dwindled to a handful of holders-on who bring in about 200 whales each year.

4 The news of the existence of the Philippines was brought to Europe by Ferdinand Magellan—or rather by the 18 survivors of his crew. The great explorer himself was killed here at Cebu in a fight with the islanders on April 27, 1521.



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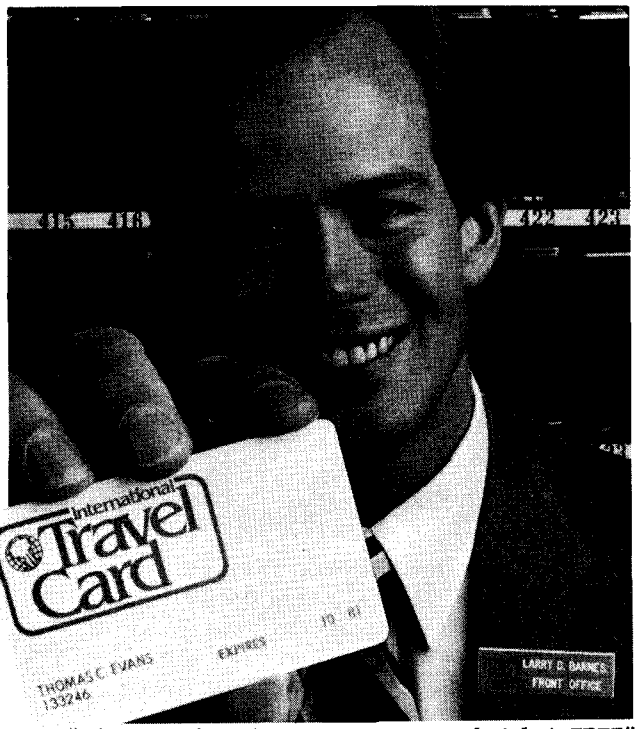

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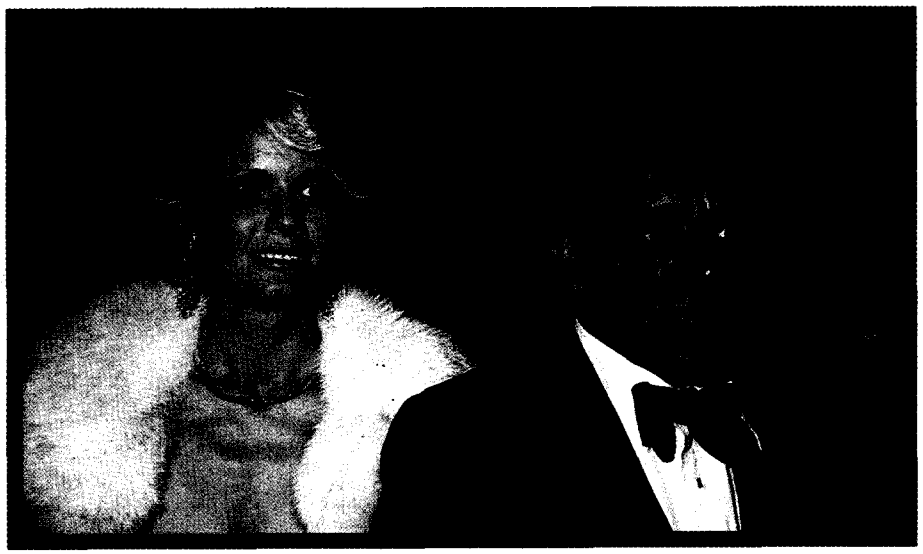
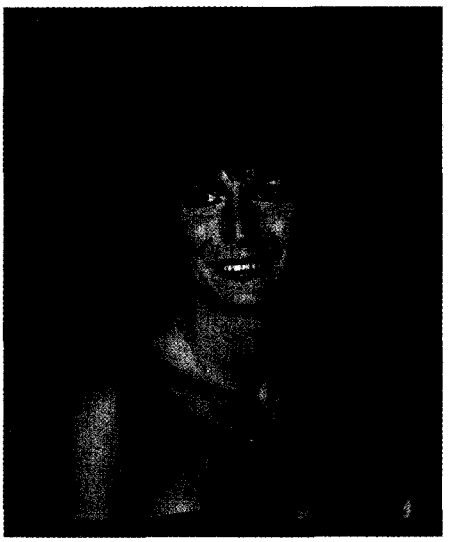
POST PEOPLE



Once as well known for his tippling as for his acting, Richard Burton has won the battle of the bottle. Quitting cold four years ago, this colorful dramatic star has been getting by on tea and Tab ever since. Trim, clear-eyed and youthful looking, he portrays King Arthur in the New York State Theater production of *Camelot*, elated that ticket sales indicate the public is anxious to see the "new" Burton on the stage. Will he drink again? "If I'm at a party where everybody gets paralyzed, I can't help wondering if I was that boring," he says. Adding, "I was probably worse."

Odds are even that where the odds are, there will be Jack Klugman. If it isn't the reruns of his TV success, "The Odd Couple," it will be at the pari-mutuel windows, where he is a familiar (and beloved) figure at race tracks from coast to coast, winning—and losing—small fortunes on the 11 thoroughbreds in which he holds a half interest. Most famous of these, of course, is the beautiful grey Jaklin Klugman, third-place finisher in the 1980 Kentucky Derby. "It was two years of thrills," says this untidy member of "The Odd Couple" and current star of the "Quincy" series, "all compressed into the greatest two minutes of my life."

"The highs are wonderful and the lows stink!" This appraisal of life comes from Penny Marshall, who has known the high of starring in the hit TV series, "Laverne and Shirley," the high of moving into a new house and only one year later the low of Rob Reiner, her husband of nine years, moving out. "We faced all the cliché things," explains Penny—"his success, my success, buying a house, building a house and our frenetic schedules. We got married around our schedules and we'll probably divorce around each other's schedules." But Penny adds that she is in no rush and even has second thoughts about her split. Or, as she puts it, "Why exchange an imperfect husband, whose failings I can deal with, for an imperfect stranger?"



What's so funny? Snow is funny. Especially if you've been living in Southern California and this is your first encounter with the stuff. Or maybe that big smile is just from being two years old and named Jennie Eisenhower, and being the daughter of Julie and David Eisenhower, and having Philadelphia come up with a special April snowfall to welcome you to the city. Or could it be that she has been reading the favorable reviews of grandpa Nixon's book, *The Real War?*

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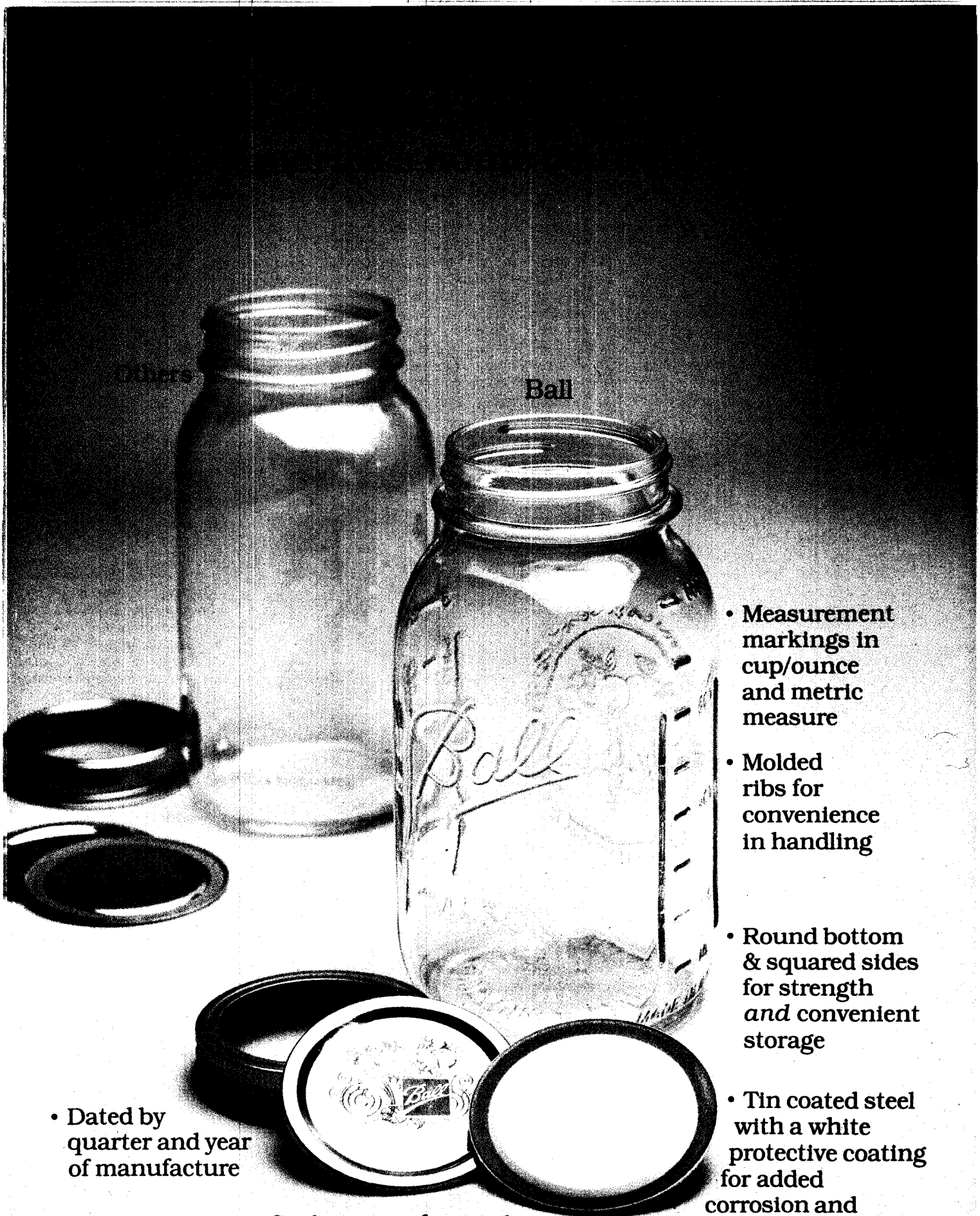

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Landon

continued from page 136

damned spikes, and if you don't think *that's* scary some nights! I haven't had a credit card in years because I'll lose it and someone will take it."

One of the ways he keeps all his money, Landon jokes, is by not spending it on his clothes. The elegant gray silk shirt he has on this day in his office, does not, I say, look much like a parking lot special. Well, that, he says, came from one of the Kodak commercials he does. The shirt, like all I've seen on him, is open wide at the collar, open several buttons down. He wears necklaces, large flat-linked chains. This day, with his gray silk shirt, he is wearing gray-beige trousers with thin black stripes and yellow-tan cowboy boots. "He always wears boots," Kiley says, "because he wouldn't remember to tie his shoes."

Incidents that bother or please him, mood swings, his feelings about his life—about *life*—are all recorded in a journal he has been keeping regularly for 19 years. What emotions are not released in these spiral-bound school notebooks in longhand, in pencil, probably find outlets on the tennis courts, as Landon is, as he puts it, "a tennis nut." He has been an Easter Seals chairman and has involved himself in fund raising for C.E.D.U., a local drug rehabilitation facility, which greatly helped his daughter Cheryl through its program about five or six years ago.

Landon does not socialize with the "Little House" family outside of work. "I loved Lorne and Dan, but I never socialized with *them*," he says of his "Bonanza" era. "Twelve hours a day for all those years? Who wants to go to a party and the minute you start a joke, the other guy's telling the punch line? Though, if a series lasts long enough, you can start all over again. Jokes we told in the first year, we were telling again in the ninth."

But "Little House" will not live long enough to have its jokes recycled. The series "is most definitely over at the end of year eight," Landon says, after I suggested that it could go on indefinitely, what with the Ingalls girls growing up, having families of their own and all. No. "It has to end," he says, because of "many contractual agreements." So, in a year and a half, he'll be doing . . . ? "A lot of different projects, mostly for NBC," but nothing he's going to talk about specifically now, of course, or he'll "see them all on the air next season. Unless," he says to me, "this interview is all just for *your* journal."

Because "Little House" will go out with its good ratings intact, Landon will move on to his next plateau respected, with even more production credibility, more autonomy, more power than ever. It will be interesting to see what will come from this man whose most outstanding characteristic may be embodying two nearly impossible combinations: being a perfectionist and not worrying. Not nervously intense ("there are many times I'll nod off"), yet refusing to compromise, his attitude is: "If it's not going to be the right thing, then let's not do it."

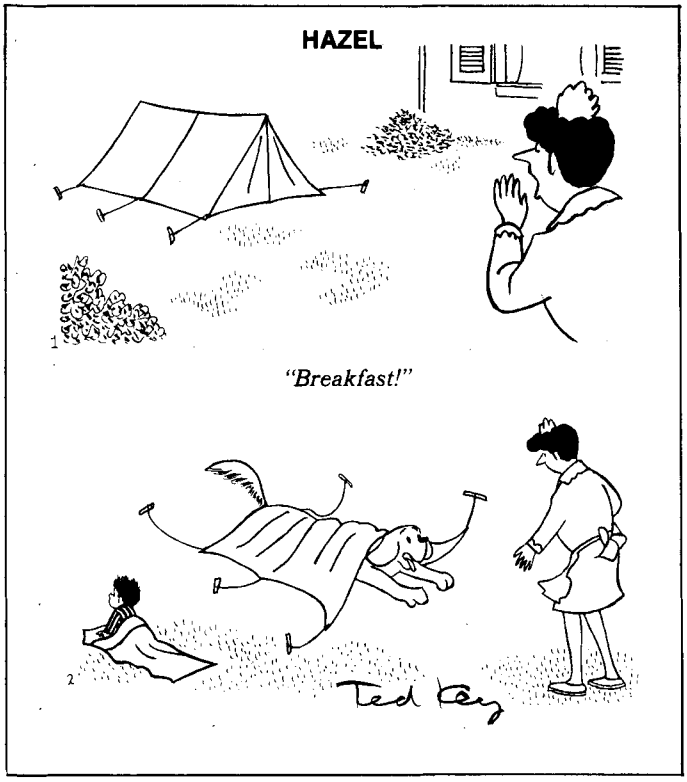
When I commend him for this attitude, noting how a person operating from a desperate position can cancel his creativity, he again retreats to the quip: "Well, if they all were as rich as I am, they wouldn't be desperate, either. You know . . . it has nothing to do with the fact that I'm a more powerful, wonderful person than anyone else. In this business, I just happen to be able to go in and say, 'I don't care.' But most people are not in that position. Everybody's got to earn a living."

Absolutely true. But what about all those people who also have pots of money, who also do not "have" to do certain things just to earn a living, but fall in love with their own omnipotence and wind up doing anything just to satisfy egos that keep growing like atomic mutants from a '50s horror movie? He seems to be free of that kind of megalomania and to be free of that is a blessing. His position of credibility does not come from having money, but from having a successful series, and that had to do with dedication, judgment, talent and, yes, hard work.

For a minute, he agrees. Then covers himself with something to make me laugh again. This funny, dynamic, attractive man is wonderful to be around, but the jokes still make it hard to interview him. Not because of mascara running and notes blurring, but because, after a while, the jokes become such a smoke screen. Well, who can blame him? A person has to do something to preserve his private resources. I will push no further.

Michael Landon says he is lucky. Lucky to have the enormous house and all the money that people love to mention in interviews and that he loves to joke about; lucky to have complete control over every aspect of his successful "Little House on the Prairie" television series; lucky finally to have enough credibility as a producer to get just about any other project he wants on the air now.

While one may admire a certain lack of hubris in this tallying things up to luck, it sounds too magical, amorphous, ephemeral for those who are still dreamers of the American Dream and need to sustain beliefs in cause and effect. Though he probably *was* lucky to have been cast, 20 years ago, as Little Joe Cartwright in "Bonanza." And, granted, he was lucky that that series ran for 14 years—long enough for him to learn the things beyond acting that paved the way to his present world. Perhaps you could argue that it is luck to be born with looks and an I.Q. of 150; even perhaps that the circumstances of one's early life are what promote ambition, determination, tenacity; that it is a God-given gift to have a genuine zeal for work, to decide to stretch, to want to learn. In any event, Michael Landon was willing to push beyond that status quo—and that looks like a leaf we might take from his book.



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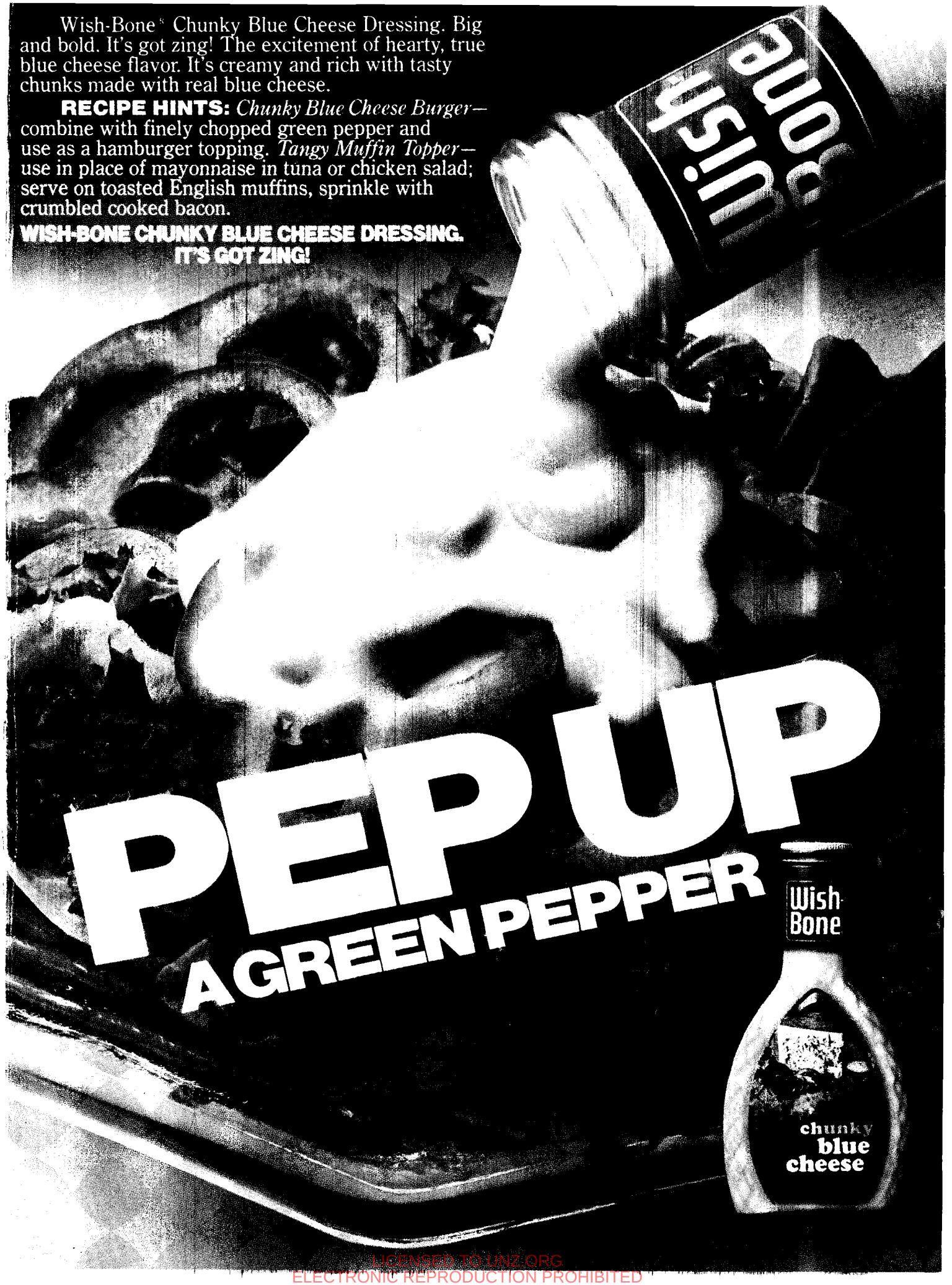

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